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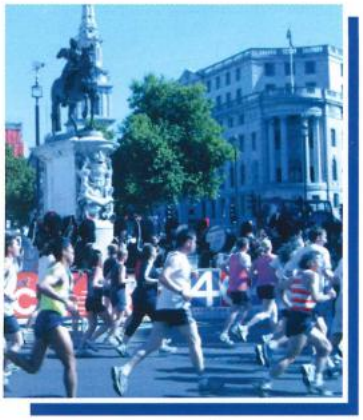
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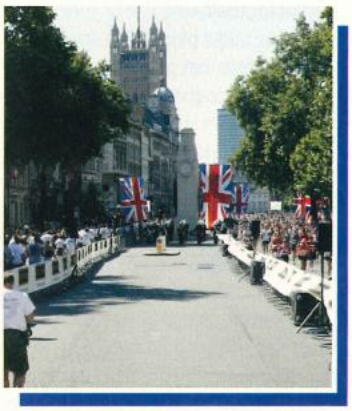
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Turned off by drugs?

THE ongoing drugs scandals threaten to cast a dark shadow over the Olympics and pessimists believe the bad publicity is killing track and field athletics. Over in France, though, the continuing popularity of cycling proves that doping positives do not automatically lead to the death of a sport.

In its 101-year history, the Tour de France has probably generated more doping stories than any other sporting event. Yet millions make an annual pilgrimage to the roadside to cheer the riders. The enthusiasm of these fans in 2004 has been as maniacal as ever too.

Last week I took a midweek break from athletics to watch the showcase stage of this year's Tour, the individual time trial up the slopes of the fearsome Alpe d'Huez. As I discovered, rumours that most cyclists use chemical assistance to help them during such ascents certainly did not put off the crowd. Amazingly, I was just one of an estimated one million spectators on a mountain road only 10 miles long. (The population of the UK is 60 million).

When it comes to drugs, the public's perception of cycling is even worse than its view of athletics. In 1998, for example, the Tour was thrown into chaos when the French Festina team was caught with drugs and thrown out of the race. Possibly linked to the use of the blood-booster erythropoietin, eight young riders have died from heart failure in the past 18 months, including a 16-year-old boy. Meanwhile, Britain's best-known rider, David Millar, has admitted taking drugs and was sacked from his team this month. As five-time Tour winner Jacques Anquetil once remarked: "Do they expect us to ride up these mountains on mineral water?"

Yet, despite this, excitement surrounding this year's Tour was bigger than ever. Coverage regularly swamped the first half dozen pages of the French sports newspaper *L'Equipe*. Lance Armstrong's victory went on the front page of every newspaper in the United States, while the Alpe d'Huez stage was broadcast live in New York's Times Square.

Cycling is nowhere near as popular in the UK as it is in other parts of Europe, but British cycling magazines still shift significantly more copies than running and athletics publications. It's not just the French who are crazy about it either. On the slopes of Alpe d'Huez a Milanese couple who have lived in Edinburgh for the past nine years told me cycling is the No.1 sport in Italy ahead of football.

Cheating takes place in all sports, not just athletics and cycling as most people like to think. The fans on Alpe d'Huez recognise this and started setting up their tents and camper vans on the mountainside several days in advance to applaud sportsmen who are, in their opinion, innocent until proven guilty.

Similarly, no matter how many column inches are devoted to drugs, the Olympic Stadium is sure to be full next month. Crystal Palace will also be packed on Friday night and at smaller tracks up and down the country hundreds of open and league meetings happily carry on with hardly a care that big-name athletes occasionally fall foul of the rules.

A dying sport? If cycling is anything to go by, then if athletics really is struggling to maintain its popularity then it has little to do with drugs.

Jason Henderson, Editor



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Cover: Kelly Holmes wins the 800m at the Norwich Union International last Sunday in Birmingham (Mark Shearman)

Abi helped by the boys

SPRINTS: Oyepitan believes big improvement is down to training with the men

BRITISH sprint star Abi Oyepitan, who climbed to fourth on the all-time 100m rankings on Sunday, says the secret to her success has been training with the men in her group, *writes Steve Landells.*

Oyepitan, who recorded the fastest time by a British women for ten years when powering to an 11.17 clocking at last weekend's Norwich Union International in Birmingham, is clearly in the form of her life.

The 24-year-old Shaftesbury Barnet Harrier also registered a 200m personal best of 22.69 in Madrid the previous weekend to move to joint third on the all-time UK rankings for the longer sprint.

But what has sparked this welcome improvement for British women's sprinting?

"Last year was a big wake-up call for me (she exited the second round of the 200m at the World Championships).

"I thought if I'm not going to do it I might as well get a job. I take my athletics a lot more seriously now and I'm more fully committed."

Oyepitan, who had PBs of 11.29 (100m) and 22.95 (200m) has also benefited from being the only woman in Tony Lester's training group this summer.

After the retirements of former AAA 100m champion Marcia Richardson and 100m hurdles international Melani Wilkins and with sprinter Zoe Wilson expecting a child in September, this has forced her into training with the men in her group, which includes 2003 world indoor 200m champion Marlon Devonish and AAA 400m victor Tim Benjamin.



All-time UK 100m list

Kathy Cook	11.10 – 1981
Paula Thomas	11.15 – 1994
Andrea Lynch	11.16 – 1975
Abi Oyepitan	11.17 – 2004
Sonia Lannaman	11.20 – 1980
Heather Oakes	11.20 – 1980
Bev Callender	11.22 – 1979
Joice Maduaka	11.24 – 1999
Stephi Douglas	11.27 – 1991
Bev Kinch	11.29 – 1990

All-time UK 200m list

Kathy Cook	22.10 – 1984
Sonia Lannaman	22.58 – 1980
Paula Thomas	22.69 – 1994
Abi Oyepitan	22.69 – 2004
Bev Callender	22.72 – 1980
Jenni Stoute	22.73 – 1992
Donna Hartley	22.75 – 1978
Katharine Merry	22.76 – 2000
Michelle Scutt	22.80 – 1982
Joice Maduaka	22.83 – 1999

"I train with the boys now and they are always spurring me on," she said. "If I run rubbish they always tell me off. I think the improvement is down to a combination of things. I'm doing a lot more speed endurance work, three or four 300s. In the past I would only probably do the first and the last in the session."

Oyeptian, the 2001 world student 100m champion, secured the Olympic A qualification mark for the 200m by running 22.96 in Greece but withdrew from the European Cup with a shin problem, which she initially feared was a stress fracture.

However, results from the scan revealed swelling on the shin was caused from an old stress fracture and she could continue her season.

At last month's Olympic Trials and AAA Championships she won the 100m and finished second in the 200m and her 22.69 time in Madrid, followed eight days later by the 11.17 time to finish third at the Norwich Union International showed she is in blistering form.

She has declined the possibility of doubling up and is concentrating on the 200m in Athens.

Jones brands former husband a liar

ANTI-DOPING: American sprint star denies drug slur from CJ Hunter

MARION JONES, the triple Olympic champion, has called for her former husband CJ Hunter to be prosecuted for "telling lies" after claims she had used drugs at the 2000 Sydney Olympics.

Jones' legal team were angered by Hunter allegedly saying to Internal Revenue Service officers Jones had taken a range of performance enhancing drugs – in a memo leaked to the San Francisco Chronicle last week.

Jones has never failed a drugs test and denies ever using performance-enhancing substances and her lawyer, Joseph Burton says Hunter is motivated by "revenge."

Hunter himself was banned for steroid abuse and was divorced from Jones in 2002.

Burton said: "Since CJ Hunter has lied to government officers he also needs to be investigated and prosecuted for lying to federal investigators. CJ Hunter has had an axe to grind ever since Marion ended their marriage.

"Fortunately, Hunter's efforts to exact revenge are directly contradicted by the statements made to the government investigators of Marion's former coach (Trevor Graham), who has supported everything Marion has said all along – that she never used performance enhancing drugs."

Jones, who has qualified for only the Olympic long jump in Athens, is due to compete in Friday's Norwich Union Grand Prix at Crystal Palace.

Hunter alleges Jones used several banned substances: insulin, growth hormone, THG and EPO.

At times Hunter said he personally injected Jones with banned substances at the 2000 Sydney Olympics.

GB squad for Athens

ELEVEN names were added to the British Olympic squad last week in the final round of track and field selections for Athens.

American-born Malachi Davis was chosen to represent Britain in the 400m and 4x400m relay and Chris Tomlinson has been preferred to Nathan Morgan in the long jump (see page eight).

Other additions were: Dean Macey (decathlon), Ricky Soos (800m), Emeka Udechuku (discus), Sarah Claxton (100m hurdles), Shelley Newman (discus). The relay line-ups were finalised with Matt Elias joining Davis in the 4x400m team and Dwayne Grant and Nick Smith added to the 4x100m squad. Catherine Murphy joins the women's 4x400 squad after recovering form injury. Meanwhile Jo Pavey was also selected for the 1500m as well as the 5000m.

FINAL TEAM:

◆ **MEN** - **100m:** D Campbell, J Gardener, M Lewis-Francis. **200m:** Campbell, C Lambert, C Malcolm. **400m:** T Benjamin, D Caines, M Davis. **800m:** R Soos. **1500m:** M East. **5000m:** J Mayock. **Marathon:** J Brown, D Robinson, M O'Dowd. **110m hurdles:** R Newton, A Turner. **400H:** M Douglas, C Rawlinson. **3000m steeplechase:** J Chaston. **Pole Vault:** N Buckfield. **Long Jump:** C Tomlinson. **Triple Jump:** N Douglas, P Idowu. **Discus:** E Udechuku. **Javelin:** S Backley, N Nieland. **Decathlon:** D Macey **4x100m:** Campbell, M Devonish, Gardener, D Grant, Lambert, Lewis-Francis, Malcolm, N Smith. **4x400m:** S Baldock, Benjamin, Caines, Davis, M Elias, C Rawlinson, R Tobin.

◆ **WOMEN** - **200m:** A Oyepitan, J Maduaka. **400m:** D Fraser, L McConnell, C Ohuruogu. **800m:** J Fenn, K Holmes. **1500m:** H Tullett, Holmes, J Pavey. **5000m:** J Pavey. **10,000m:** P Raddiffe, K Butler. **Marathon:** P Radcliffe, T Morris, E Yelling. **100H:** S Claxton. **Long jump:** J Johnson. **Discus:** P Roles. S Newman. **Hammer:** L Shaw, S Webb. **Javelin:** G Sayers. **Heptathlon:** D Lewis, K Sotherton. **4x400m:** Fraser, H Karagounis, McConnell, C Marshall, C Murphy, Ohuruogu.

Briefs

BAL Golden Jubilee Cup

FOLLOWING the eight semi-final matches, the eight teams competing in the British Athletics League Jubilee Cup final at Bedford on Saturday August 21 are: Belgrave (holders), Birchfield H, Newham & Essex Beagles, Sale H Manchester, Shaftesbury Barnet, Trafford, Windsor, Slough, Eton & Hounslow and Woodford Green with Essex Ladies.

The eight teams to compete in the Plate Final Are Basingstoke & Mid Hants, Channel Islands, Epsom & Ewell, Exeter, Herts Phoenix (holders), Pitreavie, Reading and Telford.

Busy Bekele's Athens double

KENENISA BEKELE will be aiming for an Olympic double after revealing he will compete over the 5000m and 10,000m distances in Athens.

The double world cross-country champion will be aiming to follow in the footsteps of Ethiopian Miruts Yifter, who was the last person to achieve the feat in 1980.

"After discussions with my federation and the coaches, I have agreed to run both races in Athens," said Bekele. At the World Championships in Paris last year Bekele took the 10,000m gold and finished third in the 5000m.

Kenyan 800m man dies

KENYA'S 1982 Commonwealth Games 800m runner-up James Maina Boi died earlier this month aged 50 after a long illness.

Boi also won the 1979 African Championships and the 1978 All Africa Games. He came out of semi-retirement to win a silver medal at the 1987 Kenyan Veterans' Championships.

Olympic medals production

THE medals for the Olympic Games are in the production process with a total of 13kg of gold being used to award the champions. More than 3100 medals will be minted – 986 gold, 986 silver and 1150 bronze as well as around 3000 Paralympic medals. Around 150 will be produced daily, weighing 150 grams.

Produced in a factory at Aspropyrgos – a western suburb of Athens – the Olympic medal shows the statue of a winged victory of Peonios at Olympia against the Panathenaic Stadium on one side and the Olympic flame against an extract of Pinda's Eighth Olympic Ode on the other side.

World junior ineligibility

BRITISH 4x400m relay squad member Martyn Rooney was declared ineligible to compete in the World Junior Championships by the IAAF after he arrived in Grosseto when it was discovered he was a dual national.

Rooney, who was born in Croydon and has lived in Britain all his life, has Irish parents. IAAF rules state dual nationals need to declare in advance of first being selected internationally which country they want to represent. UK Athletics sent a photocopy of his passport to the IAAF before travelling to Italy, but the global federation failed to spot the problem. The 17-year-old, who has improved his 400m best this season to 47.5, said: "I'm gutted but I just have to deal with it."

Peterborough additions

ADDITIONAL events to the Peterborough Athletics Club Marshall Peugeot Games on August 30 are under-17 men's and senior men's triple jump.

Davenport's 800m mission

HURDLES: New UK junior 400m hurdler can run 1:44 for 800m in two years' time

THE coach to Richard Davenport, who became Britain's fastest ever teenage 400m hurdler in reaching the final of this month's IAAF World Junior Championships, believes the Gloucester AC athlete will ultimately become a world-class 800m runner, *writes Paul Halford.*

David Farrow says Davenport running the 400m hurdles is part of a plan to take him to "low-1:44s" for the two-lap distance within two years.

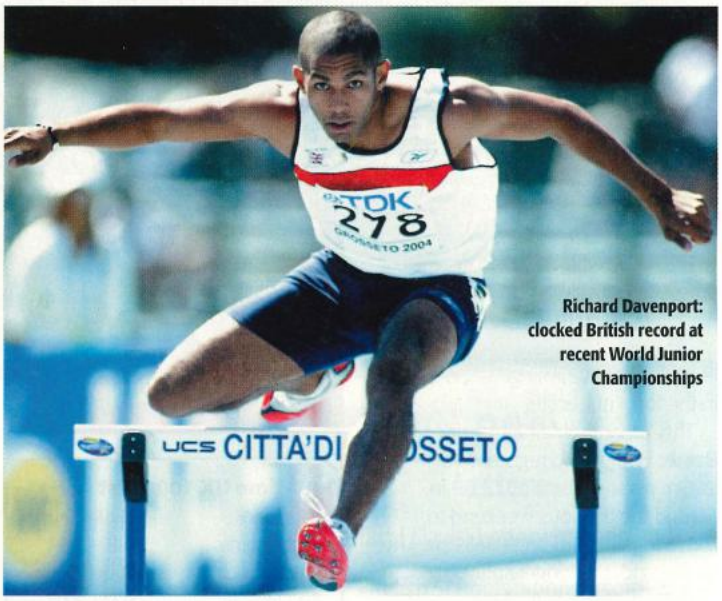
Davenport, who has a best over 800m of 1:51.25, produced by the best performance by a Briton at the championships in Grosseto, Italy. He ran 50.20 in the semi-final to take two hundredths of a second off Martin Brigg's 21-year-old UK junior record, though he finished seventh in the final in a time of 51.59.

However, Farrow reckons the former sprinter's best event will ultimately be the 800m and he added one of the main reasons he introduced him to hurdling was to keep the talented all-rounder's attention fixed on athletics.

"I know what his best event is but I'm having to lead him in a progressive way," Farrow said.

"Richard should be an 800m runner. I can't get him there in one huge bound. The 400m hurdles is something to keep him stimulated, a little stepping stone to 800m."

Davenport comes from a background as a sprinter and a rugby winger so Farrow has slowly got him used to the idea of 800m running.



Richard Davenport: clocked British record at recent World Junior Championships

"My view is that he could be a devastatingly good 800m runner and I've had that view since he was 14, but Richard needs time to adjust mentally to that and to the work load that would be required to do that."

Davenport, who as well as showing talent at rugby, is a useful cricketer, has talked about doing other sports. "If Richard has to do the same event day in day out, he'd be off doing other sports," said Farrow.

Davenport was fourth in this year's AAA junior indoor 800m and ran a best of 46.80 at last month's international in Hexham. But the best is to come at 800m, says Farrow, who adds his charge will compete in the event more frequently next year.

And Farrow added: "I genuinely believe within two years he could be running low 1:44s."

Davenport has become Britain's fastest junior 400m hurdler off little technique training, partly due to a lack of floodlights at his local track but also because of Farrow's philosophy.

"Once a week, we try and do hurdles in the winter. Often it's done with car headlights, but they don't go around the track so sometimes Richard's hurdle work is a little bit of hurdling at night on the high jump apron, which at Gloucester is burnt and isn't properly tarmaced."

New Palace track unveiled

THE new track at Crystal Palace was opened last week ahead of Friday's Norwich Union London Grand Prix.

The £1.5 million project, funded by Sport England, was accompanied by a resurfacing of the indoor track and painting of the stadium.

The work means the famous alleged "dip" in lane four of the home straight, which caused athletes to avoid that lane in competition, is no longer. The process involved digging 13,000 cubic metres of earth to a depth of six feet and laying a new track to IAAF Class 1 certification.

Steve Chisholm, spokesman for Fast Track, the organisers of the London Grand Prix was relieved the work was completed in time. "I think if the weather had been horrendous, it might have been a struggle to get it done on time," he said.

Fifteen world records have been set at Britain's most famous athletics track since it was first opened in 1964.

As well as being the usual home of Britain's premier athletics meeting, it is training venue for many of the capital's athletes.

Athletes cleared after findings

NO action will be taken against two British athletes who returned a positive finding for banned drugs earlier this year.

The athletes, who were found to be carrying in their systems the anabolic agents 19-norandrosterone and testosterone respectively, were able to satisfy UK Athletics and the IAAF that the findings were a result of a medical condition. Neither athlete, who were tested between April and May of this year, will be named. UK Sport listed both cases on its website earlier this month.

Responding to "misleading reports about positive drugs tests", last week, a UK Sport spokesman said in a statement: "UK Sport is entirely satisfied that this case has been handled appropriately by UK Athletics. The adverse finding was investigated thoroughly and fairly in providing the athletes concerned with the opportunity to explain why the banned substance was present in their sample.

"This is in accordance with the standards set out in the World Anti-Doping Code. The process, having taken evidence from the athletes and medical experts, concluded that there is no case to answer. Any suggestion that an athlete has in any way escaped a ban is misleading as no doping offence has been committed."

Late entrant denied race prize money

ROAD: Legal action threatened by runner who wins 10km but is denied cash due to controversial rules

A RUNNER from Maida Vale is considering legal action after winning a 10km race and then being denied the £270 first prize, writes Paul Warburton.

Chris Bailey was delighted to come home in 36:27, three seconds ahead of Gary Thayre in the Crawley Paymaster race last Sunday, only to read the small print of his entry after he had received the winning trophy and a letter promising a cheque for top spot.

Bailey, who teaches in North Kensington, was delighted to head the race in Sussex and had always been aware that he was a late entry to the event which had more than 500 toeing the line at the start.

It was only then that his troubles started.

According to the runner, who has finished in the top 20 of the Great North Run, he was never told that he would be ineligible for the cash prize, despite a phone call from the organisers assuring him of his entry.

When Bailey picked up his race numbers from the organiser's desk before the start nothing else was said, by which time race officials had been in receipt of his money and entry a full six days before the gun.

In fact, he was handed the trophy and an envelope before a red-faced organiser told him the prize was going to Thayre, who comes from Crawley.

Bailey still holds the original promisory note, and friends have advised the 41-year-old teacher to seek legal advice before giving up his claim.

He said: "Despite what they (organisers) say, I was never told that late entries would not receive a prize, and there was every opportunity when one of the officials left me an answerphone entry confirming my entry."

However, officials from Crawley Borough Council, who organised the race, made it clear that red tape is much stronger than the winning tape Bailey broke.

A council official said: "Mr Bailey ran a fantastic race and we congratulate him on his win. He was a late entrant, however. We phone all late entrants and left a message on his answer machine.

"Mr Bailey spoke to our staff and was advised that he was a late entrant and would need to pay an additional fee to cover the costs as well as being told that he was not eligible for the cash prizes.

"Mr Bailey paid the late entry fee on the day of the race and at the registration desk there were 11 posters stating that late entries were ineligible for cash prizes.

"We have this policy to encourage people to enter the race in advance and to help us keep our costs to a minimum."

Bailey denies that any one of the 11 posters claimed by the organisers crossed his eyeline, and was as embarrassed at the prizegiving as second-place Thayre.

Bailey said: "In all fairness to the other runner, he pushed me forward telling them I was the true winner.

"I'll have to think hard before I take it further, but I do have the original letter telling me I had won the £270 prize, which should be legally binding."

Scots' bank boost

scottishathletics

BANK OF SCOTLAND has announced a new three-year deal with Scottish Athletics to invest more than £250,000 in the development of young athletes over the next three years.

The announcement means that Scotland's future Olympic and Commonwealth hopefuls will continue to receive technical and logistical support through the award-winning Bank of Scotland Talented Young Athlete Programme (TYAP).

It extends the Bank of Scotland's relationship with Scottish Athletics to seven years, representing a total investment of more than £750,000 in the development of athletics in Scotland over the period.

Since its launch in September 1999, Bank of Scotland Talented Young Athlete Programme has provided more than 120 young athletes per year with substantial support and training.

The success rate has been outstanding, with the programme's athletes going on to win more than 250 medals at British, Commonwealth, European and world level over the period.

Some of the key talents to come out of the programme include Olympian Nick Smith (Shaftesbury Barnet), European cross country team gold medallist Susan Partridge (City of Glasgow) and British international sprinter Susan Deacon (Edinburgh Woollen Mill).



Successful partnership: Bank of Scotland is set to plough £250,000 into helping young athletes in the next three years

Twenty-year-old European cross country junior team gold medallist Freya Murray (Edinburgh Woollen Mill) and 17-year-old Gemma Nicol (Dunfermline & West Fife) – 400m finalist at the 2003 World Youth Championships are just some of the current successes benefiting from the support.

Scottish Athletics' chief executive Geoff Wightman said: "Having only recently taken up my position as chief executive, it gives me great pleasure to be announcing this new deal with Bank of Scotland for a further three years."

USA Olympic team for Athens 2004 Olympics

THE second and final wave of the USA track and field selections are due to be announced on August 9. Below is the first batch of athletes to be named in the United States team.

◆ **MEN** - **100m:** M Greene, J Gatlin, S Crawford. **200m:** Crawford, Gatlin, Williams. **400m:** J Wariner, O Harris, D Brew. **800m:** J Johnson, K Robinson, D Peterson. **1500m:** A Webb. **3000m steeplechase:** D Lincoln, A Famiglietti, R Gary. **10,000m:** A Abdirahman, D Browne, D Ritzenhein. Marathon: A Culpepper, M Keflezighi, Browne. **20km walk:** T Seaman, J Nunn, K Eastler. 50km walk: C Clausen, P Dunn. **110m hurdles:** T Trammell, D Ross, A Johnson. **400m hurdles:** J Carter, A Taylor, B Brazell. **High Jump:** J Nieto, M Hemingway, T Harris. **Pole Vault:** T Mack, T Stevenson, D Miles. **Long Jump:** D Phillips, J Moffitt, W Davis. **Triple Jump:** M Lister, Davis, K Bell. **Shot Put:** A Nelson, R Hoffa, J Godina. **Discus:** J Rome, I Waltz, C Malone. **Hammer:** J Parker. **Javelin:** B Greer. **Decathlon:** B Clay, T Pappas, P Terek. **4x100m:** Greene, Gatlin, Crawford, C Miller, D Patton, J Capel. **4x400m:** Wariner, Harris, Brew, D Williamson, C Harrison, A Rock.

◆ **WOMEN** - **100:** L Colander, T Edwards, L Williams. 200: A Felix, M Lee, Edwards. **400:** M Hennagan, S Richards, D Trotter. **800:** J Miles-Clark, N Teter, H Clark. **5000:** S Culpepper, M Runyan, S Flanagan. **10,000:** E Dryer, K O'Neill. **Marathon:** C De Reuck, D Kastor, J Rhines. **100m hurdles:** G Devers, J Hayes, M Morrison. **400m hurdles:** S Johnson, B Taylor, L Demus. **High Jump:** T Waller, C Howard, A Acuff. **Pole Vault:** S Dragila, J Schwartz, K Suttle. **Long Jump:** M Jones, G Upshaw. **Triple Jump:** T Hurd. **Shot Put:** L Gerraughty, K Heaston. **Discus:** A Hill, S Brown, S Sua. **Hammer:** E Gilreath, A Mahon, J Jeschelnig. **Javelin:** K Kreiner. **Heptathlon:** S Burrell, T Lott-Hogan, M Perry. **4x100m:** Calander, Edwards, L Williams, A Williams, C More, L Moore. **4x400m:** Hennagan, Richards, Trotter, C Cox, M Henderson, M Robinson.

◆ Note, Marion Jones has been selected for the long jump but not the 100m or 200m.

Brown preparing well for Athens

BRITAIN'S Olympic marathon hope Jon Brown is in the best shape of his marathon career, according to his coach George Gandy.

Brown has struggled with injury since finishing fourth in the 2000 Olympic marathon, but he has shown more encouraging signs this year.

The 33-year-old Canadian-based athlete finished 19th in March's World Cross Country Championships and ran 13:37.97 over 5000m in June, a time which ranks him British No.2 for the year behind John Mayock.

Gandy has just returned from a stint in Canada with Brown and was enthused by his progress with just over a month to go until the men's marathon in Athens.

"Everything is going well," said Gandy, "I'm happy with the way things have been.

"He ran a half -marathon in Vancouver last month in 63:53 and said he was fairly comfortable. He is in better shape now than he was at this time before Sydney, there is little doubt about that.

"But in the last six weeks before Sydney he made a big improvement and it is important in the next few weeks he does not remain static. He's in better shape now than he's ever been a few weeks before a marathon."

Gandy, however, did not want to get carried away about Brown's prospects in Athens, where he is likely to face searing heat and sweat-inducing humidity.

"I can't really judge the level of competition," he added. "There might be 15 athletes who have prepared better than Jon or two athletes who have prepared better."

Dan's London 10km date

BRITAIN'S Olympic marathon contender Dan Robinson aims to fine tune his Athens preparations by competing in the British 10km London Run on Sunday. More than 11,000 competitors are expected to start the race from Hyde Park Corner to Whitehall.

◆ Read more about the British 10km London Run on page 17.

Athens village opened

AFTER lengthy delays and several changes to architectural plans Greece formerly unveiled its Olympic Village last week.

The 2292-apartment complex is situated on 400 acres of public land at the foot of Mount Parnitha and will house more than 17,000 athletes and officials. It will officially be open to national teams on Friday – two weeks before the opening ceremony.

Tomlinson's 'exam style' wait

JUMPS: Teessider edges out Nathan Morgan in British Olympic long jump selection

CHRIS TOMLINSON compared the agonising wait to find out whether or not he had secured his place in the Olympic team as similar to awaiting exam results, *writes Steve Landells*.

Last week GB selectors picked the 22-year-old Teessider ahead of Commonwealth champion Nathan Morgan in one of their toughest conundrums.

Both athletes had not attained the tough Olympic A long jump qualifying standard of 8.19m but both had legitimate claims to be chosen for Athens, although only one of the two could be selected.

Morgan had jumped the A standard with a leap of 8.26m last year but only returned to action in the last few weeks after undergoing an appendix operation.

Tomlinson, however, despite not achieving the A standard, has performed both impressively and consistently in international competition – winning the European Cup and also, significantly, defeating Morgan at the AAA Championships.

As just one athlete could be selected, Tomlinson said: "It was a little bit like waiting for exam results in



Chris Tomlinson: UK record-holder

that you have a good idea how you have done yet it is out of your hands. I was pretty nervous and the main feeling when I was selected was relief."

Tomlinson said he was 'physically exhausted' while competing at the Madrid meeting earlier this month, which was his last opportunity to secure the A standard before the deadline. He explained his fatigue was partly down to the pressure of the situation but now, courtesy of the selectors, he is free to perform on the biggest stage in the world.

"My coach (Peter Stanley) said in training I looked two inches taller.

"Basically when you are younger you want to compete in an Olympics and although at the World Championships you are competing against similar guys, the Olympics has something special about it. I was driving around the other day and I thought 'Chris Tomlinson, Olympian', that sounds good."

Tomlinson expressed disappointment for Morgan and added: "Nathan knows he is capable of jumping around 8.20m and getting a medal. I do sympathise with him but what do you say to the guy when you took his Olympic place?"

Morgan's coach, Ted King, said: "It's not a comfortable feeling right now. Deep down Nathan will be disappointed he's not been able to get to the Games, and it will probably be a few days before he gets his head around it properly. But there's no sense getting annoyed. We knew he would have to get the A standard of 8.19m to be named."

Scottish relay runner keeps her cool

OLYMPIC 400m relay squad member Carey Marshall has been busy acclimatising for the expected high temperatures in Athens by training in a heat chamber in Glasgow.

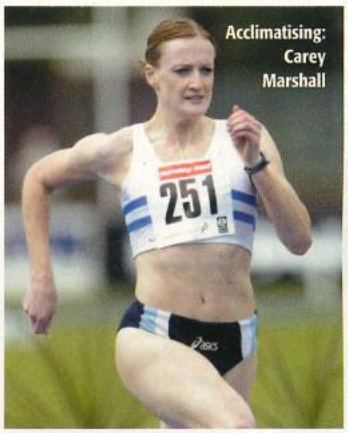
The 24-year-old has been joined at the facility at Jordanhill College Campus by 4x400m team-mate and fellow Scot Lee McConnell as they ready themselves for their Games debuts.

With conditions in Athens likely to be somewhat different to the Coatbridge training base she utilises, Marshall thought it wise to prepare her body for the warmer Mediterranean conditions.

She said: "Lee and I have been training in a small five metre by five metre room, where the temperature stays at a constant 38 degrees. One of us runs for ten minutes on the treadmill, whilst the other stretches and limbers up, then we swap.

"It is so my body is not surprised by the conditions over there. I know it doesn't sound very nice, but it does get pretty sweaty in there. I need to train my sweat glands to be more efficient so they are able to retain salt better in hot surroundings."

The move is typical of Marshall's



Acclimatising: Carey Marshall

meticulous approach this season, which has seen her slash her PB by nearly half a second to 52.45. Crucially, she clocked her lifetime best in the women's 400m final at the recent AAAs trials in Manchester to virtually secure her Olympic ticket.

At the back end of 2003, she was inducted into the Scottish Institute of Sport and she has used the opportunity it fully to make solid progress in 2004.

She said: "The Institute has been brilliant for me. With their support, my coach (Rodger Harkins) has been able to take two mornings off work per week, which has been absolutely invaluable to me and has allowed me do double sessions two days a week.

"I also had my technique analysed by the Institute and we found things that I could improve upon biomechanically. This season I am now running a lot taller than before and that has helped my speed.

"My diet has also improved thanks to the Institute. I didn't realise before, but they found out I am allergic to wheat and that may have explained why I was always sick after training.

"So I have had to cut out pasta, bread and cereal and replace them with rice and potatoes. Every week I have my blood analysed to make sure everything is order as well, all-round it has been excellent for me."

Last season, Marshall dabbled at 400m hurdles but was largely unsuccessful and in the winter she attempted the 800m, even finishing runner-up in the Scottish Indoor Championships over the distance.

However she now says she is fully committed to the flat 400m.

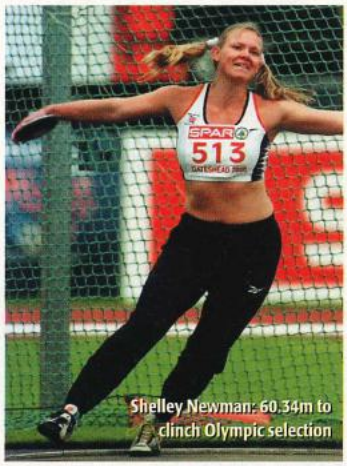
Sleepless night leads to qualifier

THROWS: Discus thrower Shelley Newman reaches Olympic qualifying standard at Loughborough

SUCH were Shelley Newman's nerves the night before her final opportunity to qualify for the Olympic Games she could not get to sleep until 4am, *writes Steve Landells*.

But the stress she was feeling was lifted when five of her six throws went beyond the B standard distance of 57.70m at the EAA permit meeting at Loughborough earlier this month and she won the competition with a best of 60.34m.

"I didn't get to sleep until 4am," she said of her far from routine pre-competition night. "I was just seeing myself throwing and visualising how things would go. I thought, even if my mind is not asleep, at least my body is getting some rest. I usually sleep for Britain."



Shelley Newman: 60.34m to clinch Olympic selection

Three days after Loughborough, the Belgrave Harrier received confirmation she would make her Olympic debut and was flying to Athens as part of the 58-strong GB track and field squad. But it was a nerve-wracking experience.

"I did feel tired before the competition until the adrenaline kicked in," she said. "The selectors told me as long as I showed form and threw 59m I would be considered for selection. The selection process is a lot more transparent than in the past and after my first round throw I relaxed."

Newman, who has competed in Commonwealth Games, European and World Championships, said of making the Olympic Games: "It's the best thing. It's the biggest arena, the pinnacle of any athlete's career. I can't see myself being around for the next one and I would have been gutted not to have ended my career without having made an Olympic Games."

Newman struggled to find her best form earlier this summer because of a back problem and Loughborough was very much the last chance saloon for making the Olympic team.

In the previous weekend's Olympic Trials, Newman, a physiological lecturer at Cardiff University, finished a distant second behind Philippa Roles with 55.44m. But after surviving the Loughborough examination what hopes now for Newman's Olympic challenge?

"I would like to make the final," she added, "it is an achievable aim. I'm also excited the qualifying is in the evening and not the morning."

Soos shows his championship class

JOHN COOPER, one half of the coaching combination which guided Ricky Soos to the Olympic Games, says it is a measure of the quality of his protégé he earned a last gasp Olympic spot, *writes Steve Landells*.

An Achilles tendon injury picked up while warm weather training in South Africa in April left the 21-year-old Loughborough student limited to very little running for five to six weeks and he started the season well short of fitness.

At the Loughborough International in early June, Soos ran 1:50.2 to finish second in the men's 800m – well short of his lifetime best of 1:46.06 – and he has struggled to regain his best form.

He lost his AAA crown to Barnsley's Sam Ellis earlier this month finishing second in Manchester, although he gave an indication of his return to form by taking the scalps of Mike East, James McIlroy and Neil Speaight.

But at that point he had not come close to achieving the Olympic A qualifying standard of 1:46.00 when he went in pursuit of the mark in two meetings in Finland.

In the first event in Lahti, Soos wound up the winner in a modest 1:48.81 but four days later he sped to 1:46.09 in Lapinlahti to make a huge improvement and convince selectors he was worth a call up for Athens.

Cooper said: "It's typical of him. He can cope with a relatively low workload and is still able to perform. After the AAA Championships I couldn't see him running the qualifier as he hadn't got it in the tank but in two weeks he's come a long way. It shows his tremendous potential and it shows when the chips are down he is very determined. He has not reached his peak this year."

Soos, who is also coached by George Gandy, now has a further few weeks to sharpen his fitness before Athens.

Gandy, who believes Soos could be the best middle-distance talent in Britain since the days of Cram, Coe and Ovett, added: "A gold medal performance would be for Ricky to make the final in Athens. A silver medal for Ricky would be to come home in a strong position and run a PB in the semi-final and a bronze medal would be to reach the semi-finals."

University's Olympic joy

PAST and present students from Loughborough University provide 11 of the 58-strong Great Britain Olympic team.

Three current students and eight past Loughborough University attendees were chosen for the squad.

The current students are Ricky Soos (800m), Nathan Douglas (triple jump) and Goldie Sayers (javelin) and the former Loughborough athletes are Matt O'Dowd (marathon), Andy Turner (110 metres hurdles), Chris Rawlinson (400 metres hurdles), Emeka Udechuku (discus), Steve Backley (javelin), Lee McConnell (400 metres), Hayley Tullett (1500m) and Paula Radcliffe (marathon).

Loughborough University director of athletics George Gandy said: "We are delighted but we have got to keep our feet on the ground as we are also disappointed a few other Loughborough athletes didn't join them."

Gandy said Loughborough University provided 25 percent of the men's track and field team at the 1960 Rome Olympics.

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PLACES STILL AVAILABLE!

TRAIL PLUS

In association with Athletics Weekly athletics WEEKLY

NOW in our fifth successful year, the adidas young athlete camps have established themselves as the UK's best residential course for aspiring young athletes. The unique Camp Programme offers an action-packed week delivered by some of the very best and most trusted names in athletics coaching.

Created for youngsters of all abilities between the ages of 12 – 18, the Camps will give an in-depth insight into the training methods, body conditioning and dietary methods required for those aspiring to become international athletes.

CAMP PROGRAMME

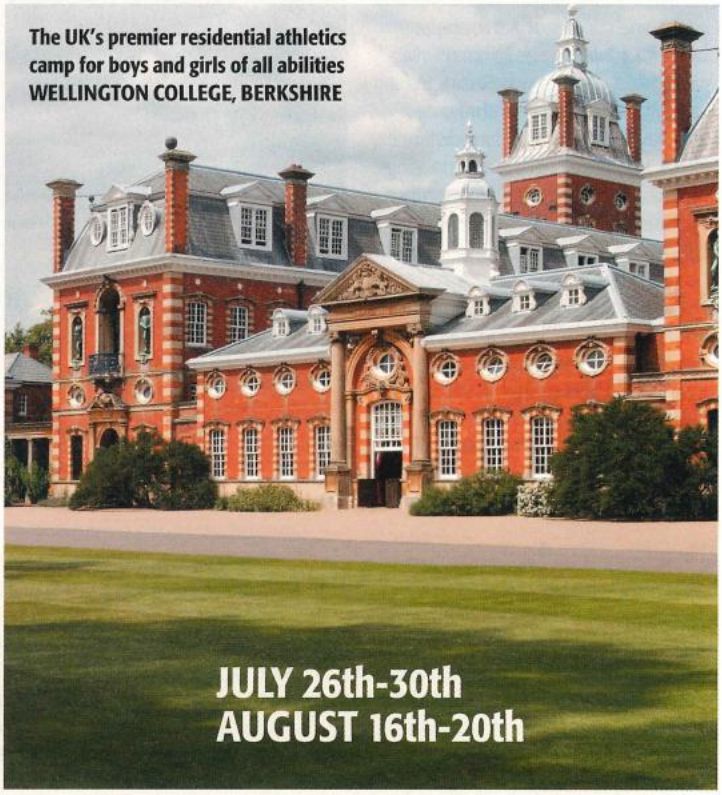
The extensive camp programme will include a range of practical running and training sessions. The young athletes will also receive expert, daily tuition in all the essential areas for success!

TrailPlus, however, ensure that the balanced programme also gives plenty of time for recreational activities and use of some of the first class facilities on offer at Wellington College.

An action-packed week will include:

- Interval Training
- Hill Work
- Speed Work
- Endurance Training
- Nutrition & Diet
- Cardiosport Heart Rate Monitor Workshop
- adidas Footscan Gait Analysis
- Core Stability
- Injury Prevention
- Mental Preparation
- Swimming, Volleyball and Five -a-side Football
- Evening Competitions (recreational)
- adidas World Record Challenge
- Barbecue

It's fun ... it's friendly ... it's truly inspirational whatever the ability or competitive aspiration!





PASTORAL CARE

FROM the moment that a young athlete arrives at Camp until the moment they leave, TrailPlus' number one priority is their safety and wellbeing. We know how exciting and fun the week away from home will be, but we also understand the vital importance of ensuring every youngster has a secure and enjoyable experience.

At each Camp dedicated Male and Female Pastoral Care Co-ordinators will be on site throughout the week providing a vital and caring support role

HOW TO BOOK: The Camp price is £235.00 (inc VAT) per person and includes: • Four nights accommodation • Independent and private boys' and girls' dormitories • Full range of nutritious meals catering for all dietary requirements • Expert coaching tuition • Full use of Wellington College's superb sports and recreational facilities • Special adidas Camp T-shirt • **Four free copies of *Athletics Weekly* magazine for each participant.**

Further details about adidas Young Athlete Camps are available at www.trailplus.com or by calling the TrailPlus Booking Hotline on 01457-855425.

BOOKING FORM

Camp date (please tick): ☐ 6 July 26 – 30 ☐ 6 August 16 – 20
Athlete Name .....
Address .....
.....
.....
Telephone ..... Date of Birth ..... ☐ Male ☐ Female
E-mail .....
Name of Parent/Guardian .....
Signature ..... Date .....
Please tick your preferred T-shirt size: ☐ S ☐ M ☐ L ☐ XL What is your UK foot size? .....
Please return this completed booking form with an SAE and a cheque, made payable to TrailPlus, for the full Camp fee of £235.00 to: TrailPlus, The Gables, 21 Glossop Road, Charlesworth, Glossop, Derbyshire SK13 5HB

THE COACHING PANEL

adidas Young Athlete Camps have an unrivalled reputation for the quality of its coaching staff and we are pleased to introduce our Senior Coaching Panel:



KEITH ANDERSON: Founder of TrailPlus and the person who created the Young Athlete Camps. Keith took up running at the late age of 30. Ten years later he ran for England in the Kuala Lumpar Commonwealth Games marathon!



BUD BALDARO: One of the UK's best known endurance coaches, Bud recently left his position as a senior teacher at a secondary school in the west midlands to further concentrate on coaching. Bud's current roles include athletics coach to Birmingham University as well as being UK Athletics' event coach for the marathon.



NICK ANDERSON: No relation to Keith, but he certainly feels like one of the TrailPlus family!

PE teacher and athletics coach to Winchester College, Nick is a UK Athletics qualified and experienced endurance coach and much in demand at his running club – Aldershot, Farnham and District.





Family success for Stanilands

WE know only too well of the heartbreak suffered by so many athletes who miss out on English Schools' selection because they narrowly missed the very tough entry standard, *writes Roger Norton*.

Unfair, then, that a brother and sister combination from Leeds qualified in no less than 11 events between them.

Come the day in Gateshead, Andrew Staniland won the gold medal in the senior boys long jump, equalling his week old personal best of 7.44m – a mark which would have earned him a place in the final at the World Junior Championships had he been selected.

Sister Bethany won the silver in the intermediate 300 hurdles in a personal best of 44.82.

Both are accomplished combined events athletes. Andrew, 17 and a first year junior, was runner-up in the AAA under-20 decathlon in Stoke this year totalling 6762, his best score to date but one personal best which will not last for too long. It ranks third on the UK under-18 all time list.



Bethany Staniland: English Schools' runner-up

Individually the long jump is his strongest event, but he could well have made the English Schools' Championships in the high jump, javelin, shot and discus.

His busy competitive year, which kicked off indoors in January, has included an international in Milan where he won the European Schools' long jump; a European Schools' triathlon in Athens which he won; an indoor under-20 international in Cardiff where he won the long jump; an under-18 international in Belgium where he had a rare off day in the long jump but was in the winning relay squad; an under-20 international against Australia in Manchester where he jumped 7.44m for second place.

Bethany, 16, also has an impressive tally of medals at county and territorial levels. In the heptathlon she has scored 4339, a total which she is looking to increase in the AAA under-17 or the English Schools in Exeter. She might also tackle a decathlon in Gateshead in late August.

Two years ago Bethany narrowly missed out on selection for the schools international pentathlon and so her selection for the English Schools team in Chelmsford was particularly sweet.

Andrew is a talented all-round sportsman and has given up rugby to concentrate on athletics. Bethany is still managing to fit in hockey at a high level. Her school, Bradford Girls Grammar, won through to the national finals where Bethany won the award for the top striker.

Both are highly valued members of Leeds City AC and their development is overseen by Wilf Paish and Mike Stayman with input from John Barron (hurdles), Brian Parkes (throws), Keith Tugwell and Trevor Fox (pole vault). Brad MacStravick also advises them at Sheffield's EIS.

Their father, Andrew senior, was a more than useful athlete himself and still holds the West Yorkshire Schools' senior 100 metres record with 10.8 run in heat and final back in 1975. It is a mark since equalled by international rugby player Paul Sampson.

Mother Wendy Staniland also had sporting success as a county hockey player and a tennis player good enough to reach junior Wimbledon.

Training camp competition

Win a place on the adidas young athlete camps!

THE creators and organisers TrailPlus have teamed up with adidas and *Athletics Weekly* to offer another **TWO FREE** places on the young athletes' training camps taking place on August 16-20.

The lucky young athletes will receive their week in camp for free* as well as a selection of kit from adidas.

For youngsters aged 12-18, the camps offer a week of training, workshops, advice and sports activities – all at Wellington College in Berkshire. The week will also cover topics such as injury prevention, mental preparation, core stability and diet and nutrition.

How to enter

If you'd like to win one of the two places at the August Trail Plus Camp simply answer this question:

Which sportswear company will be kitting out the GB team at next month's Olympic Games?

Send your answers on a postcard to, 2004 adidas TrailPlus camp offer, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN. Don't forget to provide us with full name and address details, including email, daytime and evening contact numbers.

But hurry! The August camp is only weeks way and you will have to send us your entry by August 4.

The winners will be informed by telephone by Wednesday August 11.

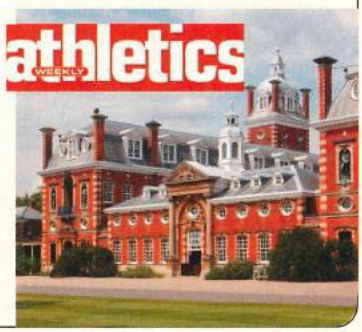
Places still available

Places for the August camp are still available. Complete the form opposite, log on to www.trailplus.com or call the TrailPlus booking hotline on 01457-855425.

In next week's *AW* for details of how the July TrailPlus winners got on.

The publisher's decision is final and no correspondence will be entered into.

*Winners must be prepared to make their own way to Wellington College.



Miler looks for solid cross season

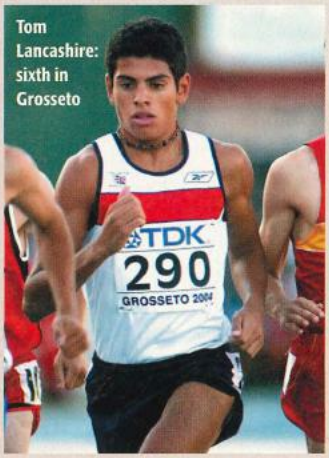
WORLD junior 1500m finalist Tom Lancashire is hoping a solid cross country campaign this winter will help him last from the US collegiate season to the height of the European summer.

The 19-year-old from Bolton ended his season a tired athlete after finishing sixth in the World Junior Championships earlier this month. Before his campaign to qualify for the event in Grosseto, he competed this spring for Florida State University, where he is studying exercise science.

However, in his first season as a senior next year, he is confident he can not only race in the early American collegiate system but also last potentially up to the World Championships in Helsinki in August.

"It's been a really long season for me," said Lancashire, who set a personal best of 3:42.48 in the world semi-final to move to eighth on the UK all-time junior rankings. "I'm pleased with the way I've been able to maintain form from March until now, as that was one of my main worries spreading myself over that time. Doing a lot of strength work earlier in the season helped me to hold myself together until now."

The Jack Caldwell-coached athlete added of his plans for 2005: "It's world championship year next year and I'll go to the trials for that and see what I can do there but I'm getting stronger all the time so I can handle greater work loads so I'm just going to build a stronger base. That's one of the reasons I want to get a good cross country season."



Tom Lancashire: sixth in Grosseto

Emperor to take final

Ethiopia's legendary Haile Gebrselassie is set to enjoy his final track race in Britain on Friday night at Crystal Palace, writes RICHARD LEWIS



HAILE GEBRSELASSIE will run his last track race in England on Friday – and then hope to take with him enough strength, power and determination to signal the end of one part of his career in style at the Olympic Games in Athens.

Under the floodlights on a Friday night was always a classic occasion at Crystal Palace and this year's Norwich Union London Grand Prix should be no exception. The Olympics are a matter of weeks away and few meetings at this stage of the season have such an array of talent.

Maurice Greene, the Olympic 100 metres champion, meets world champion Kim Collins as well as Britain's leading trio of sprinters; Marion Jones, whose career, let alone her Olympic Games aspirations, have come under a cloud recently, competes in the 100 metres; while the 'Emperor' Gebrselassie, runs in a 5000 metres that could well steal the show.

It is hard to believe that it is over a decade since Gebrselassie, 31, first won the world 10,000m title in Stuttgart in 1993. But since then his domination of the distance events has been nothing short of phenomenal, adding another three world gold medals to his collection and two Olympics.

Of course, we cannot forget Sydney in 2000 when, in what has been described as the best 10,000m race in athletics history, he beat Paul Tergat on the line. It was amazing, but it was typical Gebrselassie.

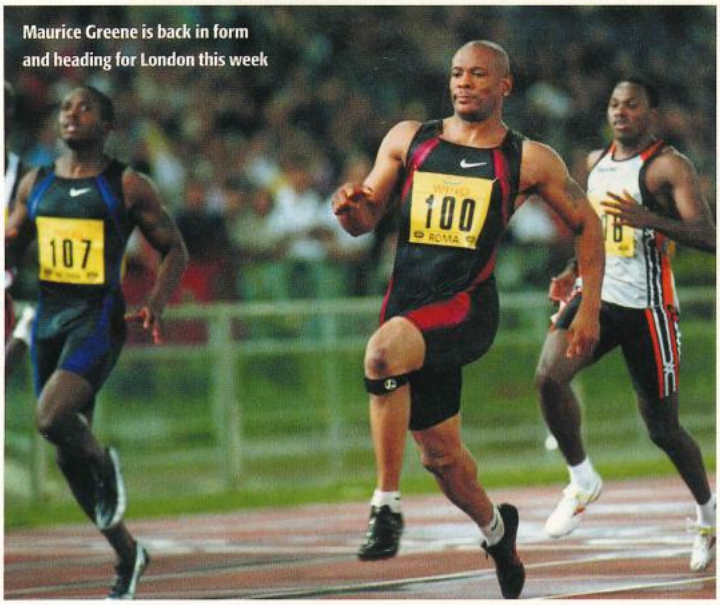
He is small in stature but grand in what matters most on the track – the ability to produce something that does not look possible.

He is bowing out of the track after Athens to concentrate on a marathon career. How long will that last? It hardly matters because he does not have anything to prove.

His status as the finest distance runner of his generation, perhaps, or even probably, of all time, has been secured. That happened a long time ago. In 1998, he broke the 10,000m world record in Hengelo (26:22.75) and then 12 days later in Helsinki he smashed the 5000m with 12:39.36.

His marathon debut in London in 2002 did not go as planned when he finished third but he always said he would know the time when to quit the track and move on. That time is now.

This year, Kenenisa Bekele, his countryman who beat him to gold in the 10,000m final at the IAAF World Championships in Paris last summer, broke both those records.



Maurice Greene is back in form and heading for London this week

At that stage, not that he needed reminding, the mantle of greatness was slowly being passed on to the younger man.

Gebrselassie said: "I will not run forever, or just to be out there in races for the sake of it. It has been my life and from what I have achieved, I have had a wonderful life.

"But I will know how much my body can take. I am looking forward to Athens and then I will move to the next stage of my career."

While Craig Mottram, of Australia, and possibly Britain's Chris Thompson, will be involved at the head of the race at some stage, you cannot see anything but a Gebrselassie victory – with him striding away along the home straight to a standing ovation.

If he triumphs in Athens, he will become the first individual athlete to win the same running event at an Olympics three times. Now what a way that would be to bow out of your career.

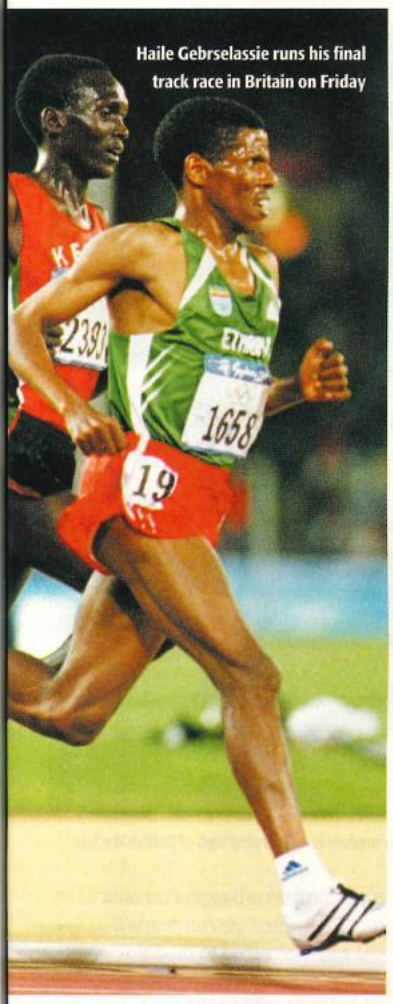
It was at this meeting in 2000 when Mark Lewis-Francis produced a stunning performance in the 100m B race to signal that he might have been a boy in age but he was capable of mixing it with the men. His time is closing in.

Lewis-Francis, 21, is determined to show that he can make up for the disappointment last season of not reaching the final at the World Championships in Paris.

This will be his last race – as it will for many others – before Athens and the event includes British team-mates Jason Gardener and Darren Campbell, who Lewis-Francis finished in between at the Olympic trials, plus Greene and Collins.

What do we make of the return of Olympic champion Greene, who smashed his way to victory in the 100m at the USA Trials in an eye-

bow


Haile Gebrselassie runs his final track race in Britain on Friday

catching 9.91? Eye-catching because we thought we had seen the last of the Kansas Cannonball who ran last year while he was still, arguably, recovering from a broken leg sustained in a car accident.

His manager Emanuel Hudson insisted that he should not be written off. "He is back at his normal level," Hudson told me. "We never considered him to be finished. He is the same guy he was 10 years ago. Maurice never acts any other way and he will think he can win in Athens."

Greene last raced at Crystal Palace in 2002, and was a winner on the South London track in 1999 and 2001, on both occasions recording sub-ten second times.

He said: "It's great to be coming back to Britain again having not been here for two years now. And even then I did not show the best of my abilities.

"But I proved at the trials that I will take some beating again this year. I worked so hard to win the Olympic crown and I am not going to give it up without a fight.

"Crystal Palace is going to be a lot of fun – all the main contenders for the Olympic medals will be there and we will all be desperate to put a marker down for Athens."

Collins remains the surprise package – even though he is the Commonwealth and world champion. Mainly because of his slim frame, he does not have the presence on the start line as Greene does but there is no doubting his championship ability.

What can the British guys gain from this race? Psychologically, finishing ahead of either of these two would be no bad way of preparing for Athens, though they will know that it would not guarantee a repeat outcome in Greece.

The 200m will be another chance for Chris Lambert, the new AAA champion, to confirm his position as the best in Britain at the distance when he meets Christian Malcolm, Marlon Devonish and Campbell.

While the 400m could be one of the best races of the night.

Tim Benjamin is having a fantastic season and should he nick the scalp of Tyree Washington, the 2003 world indoor champion, then his confidence level going into Athens will be even greater.

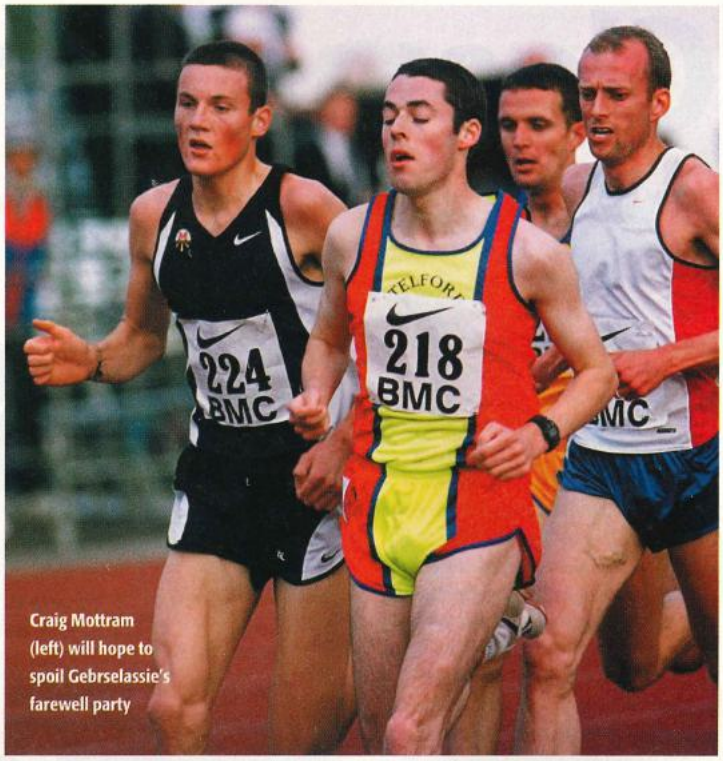
Running the 100m, Marion Jones will no doubt be looking for speed work for her main event, the long jump, which she has qualified for to compete in in Athens.

Jones meets Latasha Collander, who won the USA Trials, while in the long jump, the field includes Britain's Denise Lewis, returning to the sport after her foot injury scare at the AAA forced to pull out of the competition at the halfway point, and Jade Johnson, who leapt into the Athens team with a brilliant performance at those Olympic Trials in Manchester.

Jo Fenn meets Maria Mutola in the 800m while Kelly Holmes runs in the 1500m – the distance she wants to specialise in, in Athens.

One of the unexpected stars of the AAA Championships was Christine Ohuruogu who won the 400m to earn a place in the Olympic team and a special 300m has been put on specifically to cater for this Londoner and her fellow 4x400m relay runners.

Ohuruogu will be joined in the London 300m by Donna Fraser, Lee McConnell, Helen Karagounis, Jenny Meadows, Catherine Murphy, Carey Marshall and Melanie Purkiss.



Craig Mottram (left) will hope to spoil Gebrselassie's farewell party

Bye-bye Backley ... and thanks for the memories

WHILE the track farewells might be for Haile Gebrselassie, there is no doubt where the emotions will come on the field. Fourteen years after breaking the javelin world record, Steve Backley will compete in England, let alone London, for the final time.

Backley, 35, the double Olympic silver medallist, who trains at the Crystal Palace stadium, is retiring after Athens and the Norwich Union London Grand Prix is likely to be some night for him.

The four-times European champion says there may be a tear in his eye when he steps out at the Palace, scene of his thrilling world record in 1990.

Backley, the first British athlete to win a medal at three Olympic Games, says: "It will be sad to think that this will be my last time out at Crystal Palace, but I will be hoping to go out with a bang."

His monster 90.98m world record at Crystal Palace remains a defining moment in the history of the world famous venue.

The javelin competition that night appeared routine enough, until Backley borrowed his rival Jan Zelezny's state of-the-art Nemeth spear and launched the first ever throw over 90 metres.

Backley said: "It's hard to believe that it is now 14 years since that world record. It was a phenomenal evening, one of those nights when everything was right. Palace is my home track, the venue where I still train, so it seems fitting to be staying farewell to domestic competition there."

Backley, who was beaten into second place by Zelezny at the 1996 and 2000 Olympics, won bronze in Barcelona in 1992.

This time around? "I have one more big throw left in me," he says.



Steve Backley: poised for emotional moment in final contest on British soil

Gloom in Grosseto

TONY WARD says that the lessons to be learnt for Britain from the World Junior Championships are readily apparent

THAT nine young athletes went to the IAAF World Junior championships in Grosseto and set personal best performances is meritorious indeed. That the team returned to Britain without any medals (39 countries won at least one) and a lowly 12th equal in the placings table (behind a number of European countries and scoring just around 20 per cent of Russia's and 28 per cent of Germany's totals) is concerning to say the very least.

It makes something of a mockery of UKA's claim to Foster that the performances of our youngsters makes the future of British athletics look bright. And coming as it does in a year when our Olympic prospects are not looking good either it surely is time, as UKA has urged us, to take an overview of the situation.

Max Jones has said that "we must attract talented youngsters into the sport at the very start of the athletics pathway" and in this he is right but the problem we face is that athletics in Britain, as presently constituted, is a totally unattractive sport. Which is why we are not only losing out to other sports in terms of attracting talent but that a lot of the talent we do have is leaving us in droves.

Our sport today is geared not towards athletes but towards officialdom in all its forms. What was Foster really about? It was about structures and the status of officials therein. Here is something bizarre and Nero-like about the current battles within our administrative hierarchy when the sport is in such dire straits. The word athlete rarely passes anyone's lips and the fact Chris Tomlinson was the only able-bodied athlete approached by the Foster Review speaks volumes for the state we are in.



British athletes gave their all at the World Junior Championships but, ultimately, returning home with no medals is a worrying sign of British decline



One of the few bright moments in Grosseto was Dani Barnes fourth place in the 1500m

Go to most club nights and you may feel that you are attending some sort of masochistic cult where enjoyment is taboo; it is often like self-flagellation supervised by monks dressed as coaches. There is no sense of joyfulness, no sense even of purpose, very rarely any social life. Many coaches are operating to the same tired year-in, year-out formula that they were using when they qualified (some a very long time ago).

At a higher level our coaches seem wedded to the god of periodisation whose (totally misguided) doctrine is that international success is directly proportional to the least amount of competition that can be undertaken.

Interminable coach journeys to dire league meetings that take all day (and half the night) are not being staged for the benefit of young athletes but for the team managers and the so-called glory of the club to which all must be sacrificed. It is said that in some junior leagues any club that turns up with ten athletes will definitely win the competition that means that, for some, taking part means winning.

All this is an enormous turn-off.

Max also said: "We now have systems to nurture and develop these athletes as never before but we need the raw material." But this is where UKA has gone so badly wrong for the past seven years; it's been so busy developing esoteric systems in the nebulous world called development that it has not recognised the haemorrhaging that has been taking place. Now we turn around, ready to receive talented athletes and, surprise, surprise, they're not there.

Another problem has been Lottery funding. It is the young and up and coming talent, the future of our international success, that has been neglected. The fact that almost half of those in the elite category failed to make the necessary standard to compete in Athens is a disgrace. The problem with lottery funding is that it is performance based. You only receive it when you've made it.

I was interested to read the views of one of our former international athletes, Abi Ekoku, who returned this year to the sport after an absence of a decade. He found, of course, that nothing had changed except that the quality of club competition had sharply declined. And the reason is clear, as it is across the sport: a failure to adapt to a swiftly changing society means that young men and women with sporting talent take one look at athletics and are saying thanks but no thanks. And the awful thing is that, from top to bottom, no one seems to care. Nothing seems to pierce the comfort zone in which, from UKA downward, we have cocooned ourselves.

Standards are rising at every level worldwide but it is becoming an increasing British trait that we are surprised that they are. Our situation is not, of course, irredeemable but the longer we resist the notion of change the more difficult it will be to put things right. Lessons will arise from Grosseto and Athens but are we willing to learn them? There's the rub.

Drug testing shambles

GOVERNMENTS, in times of crises, always take the opportunity to tighten their grip on individual freedoms as a tranche of laws are introduced that are never rescinded when the crisis has passed. It should come as no surprise then that the World Anti Doping Agency (WADA) and the newly formed US Anti Doping Agency (USADA) are using the BALCO affair to clamp down still further on the civil rights of sportsmen and women.

In the USA it seems that athletes no longer need to test positive for a prescribed drug for them to be banned. Hearsay testimony and a guilty finding are permitted if arbitrators have a "comfortable satisfaction" with the evidence. McCarthyism rises again in America after half a century.

All this comes in the wake of the revelations of the BALCO case but as (thankfully) Jacques Rogge, the IOC President who quickly distanced himself from the shenanigans going on in the States, said: "You have to have evidence before you sentence somebody." Rogge must already be regretting the appointment of the flamboyant, anti-drug zealot Dick Pound and handing him a $200 million budget.

The IAAF swiftly followed suit indicating that the only case for a ban would be testing positive.

Robert Abrams, a US sports law specialist summed up the feelings of many. "When someone's reputation and livelihood are at stake," he said, "it seems likely they're at least entitled to some of the same protections we'd give an accused criminal."

In Britain a release by UKA regarding a metabolite of nandrolone showing up in a test of a woman international, whose explanation for its presence had been accepted, unleashed a whirl of speculation as to who the athlete might be (one pundit swiftly narrowed the choice down to two).

Drug testing the world over is in a shambles as usual. It's in a shambles because its hastily concocted laws are based on a false philosophy (that drug taking is a scourge that is widespread) and spurious science.

It will continue to be so because already it is clear that WADA is totally unable to produce a set of regulations and laws that will be acceptable to all sports worldwide.

We all know, for instance, that footballers are treated in an entirely different way to athletes as far as out-of-competition is concerned. And the nandrolone affair in tennis has set that sport apart from others.

"If we attempt," Roger Abrams said, "to level the playing field by not playing fair ourselves, what have we accomplished?"

The answer is the mess we are in. My bet is that within five years WADA and its acolytes will no longer be in existence, viewed without sorrow as flawed and very expensive experiments.



Athletes should be innocent until proven guilty

School's out

THERE'S always been something of a mythology about the English Schools' Championships being a hot bed of future international talent. Very few schools have actually produced and, more importantly, nurtured athletics talent; that job has always been done by coaches and to some extent clubs.

In fact I have long held the view that the English Schools' Championship format loses more talent than it produces, cutting off large numbers of youngsters who fail to make the grade at district, town or county level early in the season, leaving them so bereft of competition that they to turn to cricket, tennis or netball.

Schools athletics has been deteriorating for a long, long time. At one district trials meeting for the county championships this year six schools were eligible and only three turned up; one of the absentees was a sports college. There are similar stories from around the country.

Schoolteachers, it seems, are losing interest (please don't write in from Hounslow or Harwich to say what a wonderful job you're doing, just look at the facts).

And we all hear from time to time (and too frequently) don't we of absurd and unjust decisions made by district or county schools associations with regard to selection or qualification over which, as the (English Schools' Athletic Association) ESAA has admitted, they have no control. And these are the totally independent county fiefdoms that the ESAA wants the public to fund with no strings attached.

Nevertheless every July there has been much wailing and ceremonial beating of breast at the prospect of such a fine meeting coming to an end through lack of financial backing. Top people, even government ministers have voiced grave concerns and those increased this year when the doyens of the ESAA announced that they only have funds to last another 18 months and metaphorically began to pass round the begging bowls.



Good or bad? Is the English Schools' Championships really worth saving?

Then the news emerged that the ESAA has yet to accept a grant for 2004 of £80,000 from UKA and became very cross indeed when the fact was publicised (in this magazine). They were also very grudging about the offer calling it a "stop gap measure." They needed, they said, far more money.

In my 10-year tenure with the AAA/BAAB/UKA, relations with the ESAA were always somewhat fraught. Agreeing on such mundane matters as age groups, hurdle heights and distances was always difficult. In my opinion the ESAA would never accept a consensus, it was always right.

In much the same way, as I understand it, they would only accept sponsorship or grants on their terms, terms that were not acceptable to sponsors who were being asked for fairly large sums.

As the proposed grant from UKA stems from public money the ESAA should appreciate that the public deserve to know how it would be spent. The sport itself deserves to know why the ESAA has so far failed, apparently, to present an acceptable budget plan.

The ESAA has been likened to the Titanic, stubbornly believing in its impregnability and infallibility. For some, increasingly frustrated with its attitude, the sooner it hits the iceberg the better. Then schools competition can move on into the 21st century.

The views in this column are those of the author and do not necessarily represent the views of Athletics Weekly

Sport scholarships in the UK

SPORT scholarships are on the increase in Britain. This coupled with the significant investment in elite level support from universities means that athletes can receive significant levels of training, facilities, mentoring, physiotherapy, sports science, sporting preparation as well as financial backing.

Coventry University has one of the most comprehensive and rewarding Sports Scholarships and Bursaries Schemes in the UK. The University also has close links with the new government initiative, the Talented Athlete Scholarship Scheme (TASS).

♦ Talented Athlete Scholarship Scheme

TASS is a £3million Department for the Culture, Media and Sport initiative which aims to reduce drop out rates of talented young people from sport, enable them to effectively mix sport and education and enhance the development of the support services/infrastructure with higher and further education for talent identification and development.

Prospective TASS athletes will be encouraged by their NGB to consider attending university in specific regional consortia based on the likelihood of accessing a scholarship (NB students must follow the normal UCAS application process). The money awarded to TASS scholars is to ensure they are able to compete at the highest level and is allocated to fund expert services such as strength and conditioning, physiotherapy, medicine and lifestyle management as well as kit and travel costs.

♦ University Scholarships

University and College Sport (UCS) aims to pursue excellence in the provision, management and development of sport in higher and further education. Only UCS HE member institutions can host full TASS scholars whereas HE and FE UCS member institutions can host TASS bursary recipients.

The benefits of a university scholarship include the best training, sports science support, medicine and psychology and mentoring services allowing flexible study, work placements and career guidance. Bursaries are available to students that may not be performing at the scholarship entitlement level. This provides significant help as well as a platform for athletes to improve and work towards qualifying for a scholarship in future years.

'THE scholarship at Coventry University has been extremely helpful to me. It has enabled my academic work to progress, as well as aiding my preparation for race events. It has helped me gain elite training that without I would not have been able to partake. The monetary rewards of the scheme have enabled me to compete in international events as well as helping us purchase new kit and other vital equipment. There is a lot of pressure on me, on and off the field, and the scholarship means that I am able to handle this level of expectation, meaning that hopefully I can gain a top class degree as well as improving my competitive performances further.'

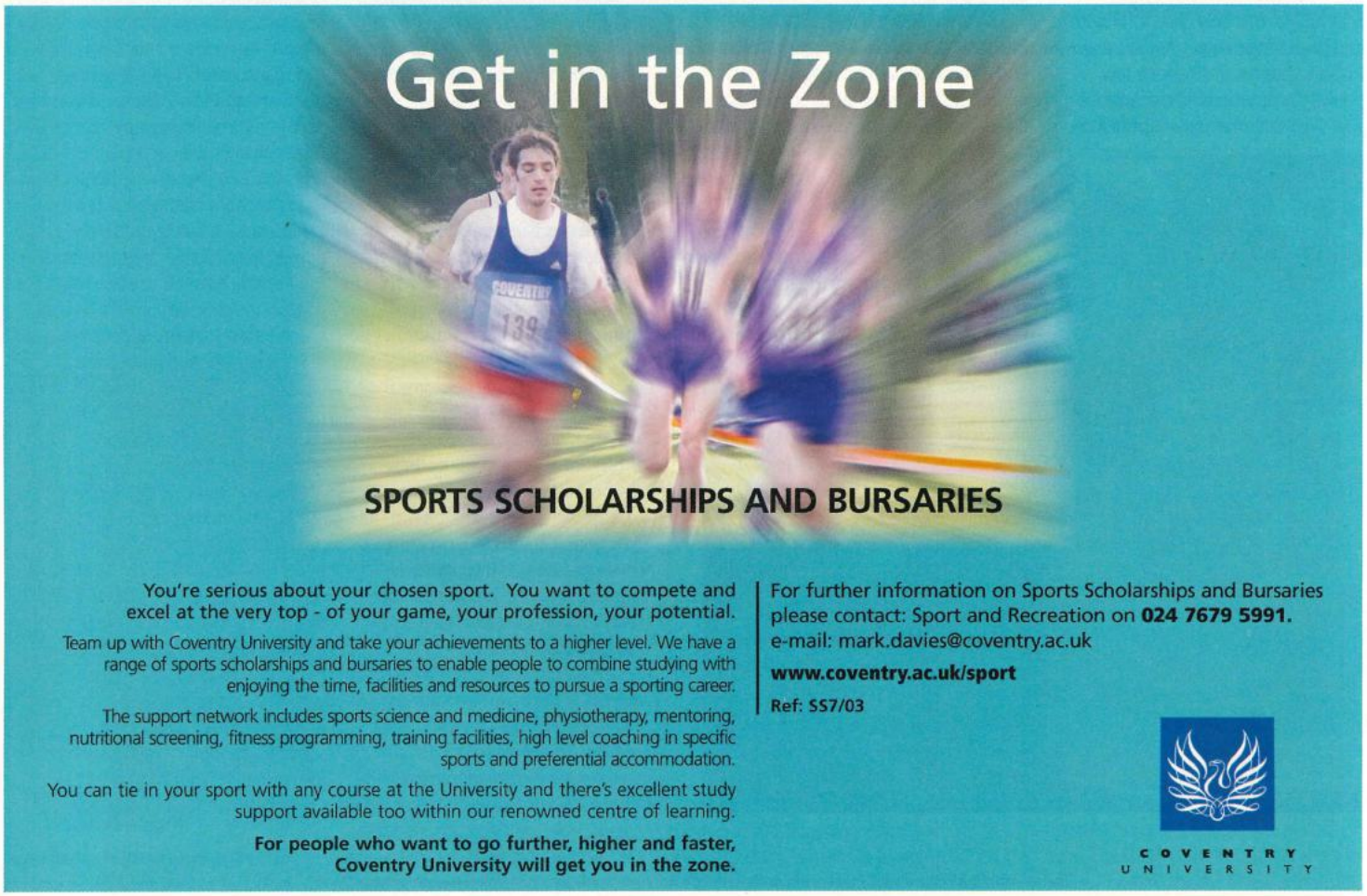
Dan King, race walker ranked 1st in Great Britain, Coventry University Sports Scholar

'THE help given to athletes on scholarship schemes is one of the most comprehensive and helpful programmes they can ever receive. The support given, monetary and otherwise allows the athletes to focus on their studies as well as their selected sport without encountering the stress and complications associated with trying to excel at two chosen disciplines'.

Vince Mayne, Director of Sport, Coventry University

♦ FOR more information on TASS and university scholarship listings for 2003/04 season see: www.ucsport.net and www.busa.org.uk

♦ IF you would like more information or would like to be considered for TASS funding contact UK Athletics on 0870 998 6800 or see: www.ukathletics.net



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Team up with Coventry University and take your achievements to a higher level. We have a range of sports scholarships and bursaries to enable people to combine studying with enjoying the time, facilities and resources to pursue a sporting career.

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You can tie in your sport with any course at the University and there's excellent study support available too within our renowned centre of learning.

For people who want to go further, higher and faster, Coventry University will get you in the zone.

For further information on Sports Scholarships and Bursaries please contact: Sport and Recreation on **024 7679 5991.**
e-mail: mark.davies@coventry.ac.uk

www.coventry.ac.uk/sport

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Britain's greatest 10K

THE BRITISH 10K LONDON RUN

The British 10K takes place on Sunday 1st August, is run over the world's greatest route and all less than 48 hours after the Norwich Union London Grand Prix at Crystal Palace!



THE WORLD'S GREATEST RACE ROUTE

STARTING on Piccadilly at Hyde Park Corner, over eleven thousand athletes will pass many of London's truly world famous visitor landmarks including St. James's Palace, Trafalgar Square, Somerset House, St. Paul's Cathedral, Millennium Bridge, Waterloo Bridge, The London Eye, Big Ben, Houses of Parliament and Westminster Abbey before finishing on Whitehall, just past The Cenotaph and Downing Street!



FLYING THE FLAG

WITH Piccadilly, Trafalgar Square, Victoria Embankment and Whitehall dressed with Union Jacks, Flags of St. George and London 2012 Olympic Candidate city banners and flags, central London will be a blaze of colour providing a spectacular backdrop for the UK's largest and most prestigious 10k run on the world's greatest route!



CELEBRITIES TAKING PART INCLUDE:

THE BBC's Gail Porter, running for the young person's homeless charity Centrepoint, Former *EastEnders* cast member Rani Sing, who is running for Winged Fellowship Trust and Richard Dunwoody, running for the second time for Spinal Research.

OVERSEAS ENTRIES

RECORD numbers of overseas runners will be taking part from countries as far away as Australia, Hong Kong, South Africa, America, Brazil and Egypt as well as many European nations including France, Germany, Holland, Denmark, Italy and Poland.

UK CHARITIES

ALMOST 200 charities from across the country will be taking part in partnership with UK companies raising substantial amounts for good causes!

PA SYSTEMS

PICCADILLY, Trafalgar Square, Westminster Bridge and Whitehall will all have large PA systems installed, playing a variety of music to entertain both runners and spectators lining the race route.

Race Director Mike O'Reilly says the best vantage points along the route will be Piccadilly near The Ritz and near Berkeley Street, Trafalgar Square, Victoria Embankment from Hungerford Bridge to Big Ben, Parliament Square and Whitehall from 9:00am.

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Training for the 400 metres

Learning to run one lap is tough work. They do not call it the 'mankiller event' for nothing, says WILF PAISH

VOLUMES have been written about sprinting – that is full speed running. However, 400 metres running isn't quite "full speed" running in that the natural energy for sprinting will be expended before the race is complete. If this were not the case, then the world record for the 400 metres event would be some three seconds faster than it is.

The reality is that for athletes running at world record pace, the natural energy for speed is depleted with about a quarter of a race still remaining, forcing the athlete to utilise a different source of energy for the remaining quarter of the distance.

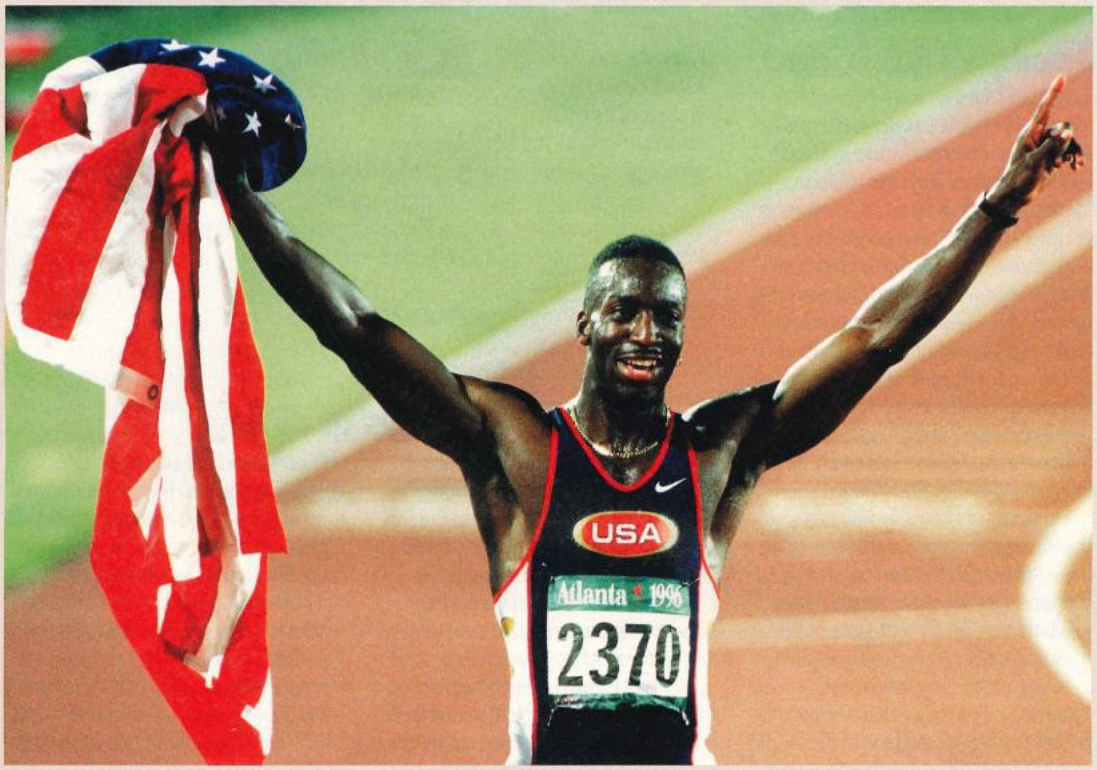
While an understanding of the energy systems is important for all involved in coaching athletics, a deeper understanding is essential for this unique event.

Sprinting relies upon the alactic anaerobic energy system. Phosphates, which are stored in our muscles, are used to provide the energy for the muscular effort. No oxygen is used in the process nor is there any lactic acid formed hence the term alactic/ anaerobic.

To continue past this alactic phase, energy has to be provided by glycolysis; where the phosphates are replenished from stores of carbohydrates and fats utilising the lactic acid system. Hence one of the main aims of training for 400 metres is to attempt to raise the threshold of the alactic system so that the muscle cells can contain more of the phosphates to prolong this energy system.



Part of the art of 400m running is to teach the body to withstand the onslaught of lactic acid



The need for speed: Michael Johnson carried 19.32-second 200m pace into his one-lap races and not surprisingly ran a world record of 43.18 seconds

However, much of the race relies upon the lactic acid system to provide energy for the contractions. Here, glycogen (sugar) stored in the muscle cell is used to provide the energy to replenish the phosphates: the by-product of which is the fatigue-promoting substance 'lactic acid'.

With the accumulation of lactic acid, muscle action is inhibited and performance deteriorates. Once the exercise has stopped the "oxygen debt" can be repaid during recovery.

While some of the lactic acid produced will force a deterioration in performance, some of the lactic acid diffuses into the blood stream and is converted in the liver back into glycogen; which can eventually be used to replenish muscle glycogen (cori cycle).

While this might sound complicated to many coaches, extra study to gain a better understanding of the processes involved can only enhance the potential of the coach. My ten point training summary is:

1. To limit the amount of aerobic work done in order to maximise the potential of the "fast energy" muscle fibres assuring that those with this potential are used in the speed process.
2. To train at high speed, for a period of 5-15 seconds, for a proportion of the training time, to make sure that the phosphagen energy supply is maximised.
3. To train at speed for a time duration of between 15-40 seconds to assure that the alactic threshold is improved, making sure that a longer supply of energy can be provided for the phosphagen system.
4. To train at speed for a duration of between 40-60 seconds to make sure that the lactic acid system is stimulated and becomes more efficient.
5. To train at speed for a time duration of between 15-40 seconds, with a short recovery between the repetitions, to help improve the potential of the alkaline reserve system. A system which can help to manage the levels of lactic acid.
6. To develop an improved level of flexibility and strength, which can help to maintain a more sufficient stride length. Fewer strides means less energy expenditure and all of the associated problems.
7. Through skill training promote a more efficient and energy-sparing running action.
8. Through block rehearsal, producing familiarity with any lane draw, to assure that the start and pick up is efficient and energy sparing.
9. Quality speed running needs extended recovery and rest periods. Once quality diminishes then you train to become a middle-distance runner.
10. While the stopwatch is a reliable guide, the feeling of the athlete is paramount since they determine the "extent" of training.

As far as I am concerned, 400 metres training is the most fatiguing of all our systems. A system which should encourage the coach to examine the potential of legitimate ergogenic aids, such as creatine and biocarbonates, enlisting the help of well-informed physicians.

Your say

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'Grotesque' problems

READING the excellent July 14 issue of *AW* many interesting, albeit depressing, topics were covered. Firstly the Olympic trials. "No real tension," Tony Ward wrote. No real excitement or atmosphere is what it looked like. Despite the conditions there may well have been "many fine performances" (Tony Ward again), but not in the men's 800m, 1500m and 5000m, which were quite simply pathetic. Even if our men didn't feel able to go for Olympic times and selection, there were still national titles at stake – but you'd never have guessed. Is this what 'fun to fulfilment' is all about? What an indictment on all concerned!

However unlikely Olympic qualifying standards might have been, these races were feeble, but perhaps they were also an accurate exhibition of the current state of the middle (and long) distance running in this country. Tony Ward says, "blame the coaches". He may well be partially right. I would blame the athletes too. But surely these performances are an indictment on the whole system of performance and development in UK Athletics.

Turn back a page and, almost coincidentally, we see UKA are to re-organise and create two new posts – a Performance Director and Director of Athlete Development. An 'architect of today' and an 'architect of tomorrow' according to Dave Moorcroft. Fine sounding words, almost visionary. Certainly something drastic is called for – but will two high-powered directors be able to stem the decline of our sport?

Not so many years ago we had in this country a cross country and middle-distance tradition that was the envy of the world, magnificently tense and exciting national cross country championships, and AAA championships that would fill stadiums.

Since the highs of the 1980s, under the stewardship of successive inept governing bodies we have seen not just the erosion of these traditions but even the wanton and deliberate destruction of some of our major events – witness the National Cross Country Championships, the UK closed championships – and now, quite possibly, the English Schools' Championships.

Were it not so grotesque it would be laughable. Here, in just one issue of *AW*, is the exact reason why our sport is in such a mess. Completely shambolic direction and organisation regarding the athletics calendar (why did the trials clash with the English Schools?), not to mention the choice of venue for our major domestic event this year.

Finally, there is the vain hope that yet another re-organisation of the sport, the implementation of the Foster Report and the appointment of more 'directors' will make a difference.

Julian Goater, Farnham, Surrey

LETTER OF THE WEEK

The letter of the week wins two superb Coolmax Endurance T-shirts courtesy of InSport. The lightweight fabric wicks moisture away from the skin, perfect for training. Sizes range from S-XXL – so don't forget to specify your size when writing to *Your Say*. Please allow at least six weeks for delivery. If after this time you have not yet received your prize, contact *Athletics Weekly*. (InSport may offer an alternative but similar product dependent on stock.)



Confusion over schools' qualifying

I WATCHED some wonderful competition and excellent performances at the recent English Schools' Championships. As usual the standard was very high, the atmosphere very good and the organisation very impressive.

As a coach to many young athletes though, one thing puzzles me. Most of my school age athletes set their target every year to qualify for 'The Schools' and I, in turn, set much of my programme to assist them reach their goal. However, unless it is just my home county that is unusual, I am unable to discover or understand the criteria used. If I cannot understand the qualifying target, how can my athletes, ever hope to meet them?

Let me provide an example: Last year a young athlete in my charge attained what we both believed to be the qualifying time for her main event, the 200m. This time was met in winning the local county championships. A couple of weeks later, despite not feeling too well, she contested the county schools' championship and finished a close third in the same event. No other athlete got the standard, but still my young lady was not selected.

I believe schools committees, local and national, operate willingly, voluntarily and with the best interests of their young charges in mind. But incidents such as we encounter, only give rise to frustration and suspicions of unfairness or favouritism. Surely, in this day and age, with the rapid decline of our sport, everything should be done to encourage athletes to achieve their goals not set mysterious targets and criteria that no one outside of a select few are allowed to know. We should be prepared to accept disappointment and rejection, but we should also be prepared to fully understand where the goal line is and what we need to do to get there. Or is my county unique in all this?

Derek Newton, Blackpool & Fylde Athletics Club

Myerscough travesty

WITH the exception of Paula Radcliffe, whose slender shoulders will be carrying the expectations of a whole nation, we will be sending few genuine medal contenders to Athens. Great Britain could be represented by Carl Myerscough, but the plane will be leaving for Athens without him thanks to a stupid NOC bylaw. Myerscough was one of the heroes of British men's team in Bydgoszcz and wholly deserves a second chance rather than being branded a cheat. The Americans will be laughing all the way to the podium. On paper, our men's sprint relay team should stand a decent chance of winning a medal, but they invariably fail to deliver when it matters. I get the impression British sprinters are too busy with their own agendas to put in the meticulous preparation needed to succeed at this level. In Bydgoszcz, some well-drilled teams consisting of second-rate spinters gave our boys a scare. Let's not give the media more reason to show even less interest in athletics.

Alexander Wilson, Germany

Long jump dilemma

I WOULD like to make reference to the Olympic selection policy presently in place. There exists two tiers of qualification, which can potentially precipitate a grey area that is sometimes entered into leaving athletes anxious because the criterion becomes blurred.

For instance, we have two talented athletes in the men's long jump, yet only one has been selected for an event they would have certainly both shined in. How on earth can you select one athlete who has achieved the 'B' standard and leave an 'A' standard athlete behind?

I experienced a similar scenario in 1991, where I was omitted from the team for the World Championships in Tokyo having achieved the 'A' standard within the qualifying period. Nevertheless, the following point requires stressing: both Chris Tomlinson and Nathan Morgan are worthy of the selection.

With Nathan in mind, my empathy is extended. He is a proven competitor who has recovered from an operation and upon observing his performance at Loughborough July 17 he appears to be on the verge of accomplishing something very special.

Why did the selection committee not grant him the chance in the biggest arena of all? I for one cannot find an answer to justify his exclusion.

Stewart Faulkner, Tottenham

Unnecessary officials

WHAT sense written by Ron Blastland in the July 14 issue of *AW*. We all remember the farce of the 'professionals' of BAF. Now we are governed by the 'professional' experts of UKA with their massively overstaffed organisation. Both

governing bodies have squandered millions and now they expect the thousands of 'amateurs' on whose back they have ridden to provide them with even more funds for even more paid administrators through their ill conceived registration scheme. As UKA presides over a dying sport, it is surely time for the vast majority of 'amateurs' who really run the sport, to claim back athletics from these failed 'professionals' before it is too late and they kill it off completely. Give me the enthusiastic, devoted, competent, honest 'amateur' anytime.

Kevin Kelly, Streatham

Silly qualifying marks

YET again I have difficulty understanding our selection policy for the Olympic Games. We seem to delight in making our athletes jump through more hoops than other countries. Some of the standards set are ridiculous compared with others.

The Olympics are once every four years and we should be looking to take as near to a complete team as possible, even giving young athletes an experience to help build for the future. If 'standards' are a necessary evil for selection let us at least set them so several athletes can reach them.

I know a similar approach in swimming seems to have worked, but in my opinion it won't have the same effect on track and field.

Ian Sawyer, Loughborough

Malachi Davis outrage

I AM appalled by UK Athletics' decision to include Malachi Davis in the 400m at the Olympics.

To me it sends out these messages: That if we can find a fifth-rate athlete at the last minute from another country, we'll go with them.

That it's okay to condemn a money-grabbing Kenyan who runs for Qatar, but it's okay for an American to run for us.

That if you want recognition, why not try to find a great-grandmother's aunt from Fiji, and you're bound to get in their track and field squad … but probably not, as their coach and management probably have morals and consciences.

I for one will be cheering for any athlete running in the heats against Davis. Even the Americans.

Chris Everson, Isle of Wight

Memories of Zola Budd

SO Malachi Davis, the reject from the United States, is in the British Olympic team. What a wonderful message to send out to up and coming youngsters.

At a time when "experts" are trying to explain falling standards in male distance running, this country is as good as telling our promising juniors "go out and get as many passports as you can, that way you're almost certain to make someone's Olympic team!" This piece of stupidity even out-does the Zola Budd fiasco.

As far as I am concerned the selectors are a disgrace and they should all feel ashamed enough to apply for passports to outer Mongolia!

Viv Sheehy, Cardiff

What a performance

UK ATHLETICS' search for a performance supremo seems to firm up on a coach. But very few, if any, coaches have the knowledge to coach all events at world standard. We have several disciplines, arguably four running 'types', hurdling, horizontal jumps, vertical jumps, various throwing events plus walking!

My suggestion is that what is required is a person with an in-depth knowledge of the sport but with the skill to handle people, set performance standards that need to be rigorously adhered to, he/she needs, first of all, to be a manager, one that has experience of business where targets are set and if not achieved action taken.

While business tends to demand results in monetary terms, athletics needs performance. The much quoted swimming example seems to work but as has been said, that sport does not have the variety of disciplines. Nevertheless, if we are to regain previously held standards in the world, something radical must be done and it may be that a coach is not necessarily the best person to head up the action plan.

Les Crouch, via email

Sponsorship explained

I WOULD like to respond to the not unreasonable comments made by Graham Harrison in his letter (*AW*, July 14) concerning the English Schools' funding situation. The Association fully acknowledges the support given to the athletes by parents, friends and coaches and was reluctant to suggest that they should be asked to contribute more.

Mr Harrison appears to think the English Schools' AA has made no effort to find sponsors. For information, we formed a committee responsible for marketing nearly five years ago and in the intervening period have been responsible for circulating details of the potential offered to over 200 leading companies. More specifically, though, it also engaged a professional company to work on its behalf to approach potential backers direct. In addition, for the past eight years Fast Track, or its predecessors, has been engaged in looking for a sponsor. Unfortunately, in all this time only £350 has been raised through this source. Latterly, we have engaged an experienced fund raising and sponsorship manager who is also working hard on our behalf. It is perhaps significant that all the sponsorship over the past decade which the Association has received has arisen from personal contact within the organisation (TSB, Sportscore.com/Sky Sports, London Marathon, NASUWT).

I hope this may reassure Mr Harrison that the Association is exploring every avenue possible to safeguard not just the Track and Field Championships but the other equally important activities, both championships and competitions for individual schools, which remain under threat.

May I also take the opportunity to counter criticism in the June 30 issue that the Association failed to take the chance to advertise the forthcoming Championships during the Grand Prix meeting in Gateshead. The local organising committee made such a request and was refused, even though several references were made to the Sport Relief Mile in Newcastle on the second day of our event. A request to distribute fliers about the Championships during that meeting was also abandoned because the fee to be charged for such an activity was considered too high to be financially viable.

David Littlewood, Honorary Secretary English Schools' AA

ESAA needs to change

THROWING money at the ESAA will not solve the Association's problems. Neither will more effective marketing. To survive the ESAA needs to change.

In Gateshead I watched a senior male medal winner leave the rostrum and go immediately to be with his partner and their five-month old baby. Not the schools' competition envisaged by the founders of the ESAA in 1925!

Over the past 20 years ESAA activities and costs have spiraled out of control. The annual championships are too large and should be reduced to under-15s and under-13s competition only. Area associations can provide adequate championship competition for the older age groups.

Other competitions, such as the schools' cross country cup, which relied on sponsorship which is no longer available, should be discontinued. The ESAA doesn't need £400,000 to survive. It needs to cut its suit according to its cloth and live within its means.

Dr Philip Thomas, St Helens

Cash control for schools

I READ in *Athletics Weekly* that UKA is trying to assist the ESAA. I hope if any monies are paid to them, some form of control is also made over the way the whole affairs of the ESAA and its county level roots are conducted.

It is my belief that the ESAA is more interested in keeping the present status quo than evolving to meet the needs of the children they claim to want to help.

In the many cases of controversial non-selection for the English Schools' Championships, there would appear to be no constitution to allow appeals by the children, and the children seem to have no rights to a hearing of any kind. In 1925 this might have been acceptable but in 2004 surely a child's interests are paramount and natural justice should be seen to be done. If these low standards are in evidence over the whole country then I shudder to think how many more children might be lost to the sport of athletics.

Trying to establish any form of dialogue with the English Schools is like trying to get into a freemasons' meeting and it would appear any form of constructive criticism is met with total hostility. I believe that a system of checks and balances needs to be put in place so the needs of the children come first and the needs of the organisation come a distant second.

Ian Matthews, Leicester

Praise for youngsters

I REFER to your article last week about middle-distance prospects Ricky Soos and Lisa Dobriskey.

Back In February I had the pleasure of hosting the BUSA Cross Country Championships in Dundee and was lucky enough to watch these two fine athletes win their respective races.

I had the pleasure to chat with both of them as well as another Loughborough winner, Chris Thompson, that evening and they were remarkably likeable and good-humoured people who are a real credit to Loughborough and this country. I am so glad to see them progressing and good luck for the rest of the season and for years to come.

Mark Munro, Dundee

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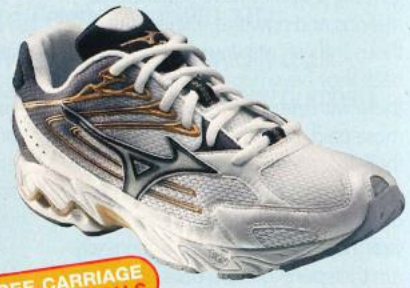
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Britain's Olympic champions

PART FIVE

MEL WATMAN, author of the excellent *Olympic Track & Field History*, continues his series about British successes at the Olympic Games

♦ **1964 – TOKYO**

THE Tokyo Olympics occupy an honoured place in British athletics history. Subsequent to the "Chariots of Fire" Olympics of 1924, British athletes had never won more than two titles at any single Games (1928 – 2, 1932 – 2, 1936 – 2, 1948 – 0, 1952 – 0, 1956 – 1, 1960 – 1), yet in the Japanese capital no fewer than four gold medals were captured by Britons. Mary Rand set the ball rolling with her long jump success, to become the first British woman to win any Olympic athletics title, and she was followed by Ken Matthews in the 20 kilometres walk, long jumper Lynn Davies and Ann Packer in the women's 800m.

The last time that British athletes had won as many as four titles at an Olympics was way back in 1920. Those Games in Antwerp were supported by just 29 countries; in 1964 there were 93 countries competing. For Britain to gain more golds than anyone other than the USA (14) and the USSR (5) was a momentous achievement. Here, in chronological order, is how the four titles were won:

October 14: Mary Rand (long jump)
Four years previously, in Rome, Mary Bignal had finished only ninth in a long jump competition she had been capable of winning. This time, Mary Rand (by now the wife of international sculler Sidney Rand and mother of a two-year-old daughter) fulfilled the highest of expectations by achieving the ultimate in athletic endeavour ... winning an Olympic title with a world record.

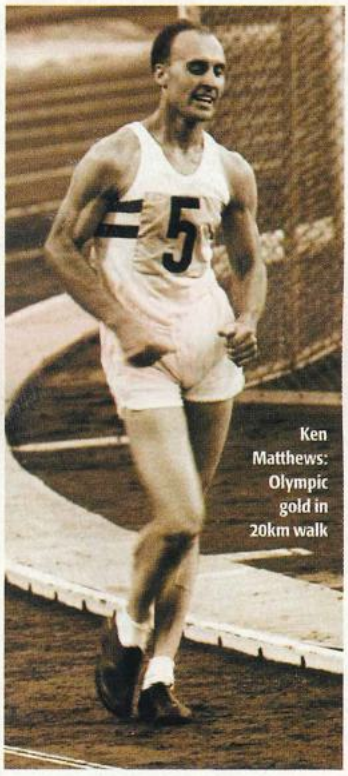
After leading the qualifiers with an Olympic record of 6.52, the 24-year-old (born at Wells, Somerset, on 10 February 1940) got down to serious business in the final. She opened with a UK record of 6.59 (+1.4m wind), consolidated with leaps of 6.56 and 6.57 into the swirling wind, improved to 6.63 (+1.2) and then, in the fifth round, produced an extraordinary jump of 6.76. It was a performance ahead of its time, for there was a headwind of 1.6m blowing at the time and the clay runway was rainsoaked. Off a synthetic surface and with that amount of wind in her favour it's possible she would have jumped very close to seven metres – the sort of distance that would not be attained for another dozen years. Rand completed her series with a 6.61, again into the wind, to become the first British woman athlete ever to win an Olympic title.

Tatyana Shchelkanova (USSR), expected to be Rand's main rival, was well below her best with 6.42 in third place; the silver went instead to the lanky 18 year-old Polish sprinter, Irena Kirszenstein, who had only taken up long jumping the previous season and improved in Tokyo from 6.39 to a world junior record of 6.60. Later, as Irena Szewinska she would make Olympic history herself.

In the pentathlon, which started two days later, Rand again competed brilliantly to become only the second woman ever to exceed 5000 points. She totalled 5035 and finished ahead of Irina Press in three of the five events. However, she lost so many points to Press in the shot – no fewer than 384 – that the Russian ran out the winner 211 points clear with a record-breaking score of 5246. Mary Peters, whose own golden moments were still eight years in the future, placed fourth.

Rand, who was coached by John Le Masurier, completed a set of medals by winning a bronze in the 4x100 metres relay.

October 15: Ken Matthews (20km walk)
Like Mary Rand, Chris Brasher and Don Thompson, Ken Matthews succeeded in striking Olympic gold at the second attempt. He had been among the favourites in Rome but fell victim to a combination of the



Ken Matthews: Olympic gold in 20km walk

after-effects of flu, his own ruthless pace and the searing heat. He led for 8km and was second at 10km before collapsing and being taken to hospital. Victory went to the USSR's Vladimir Golubnichiy in 1:34:08.

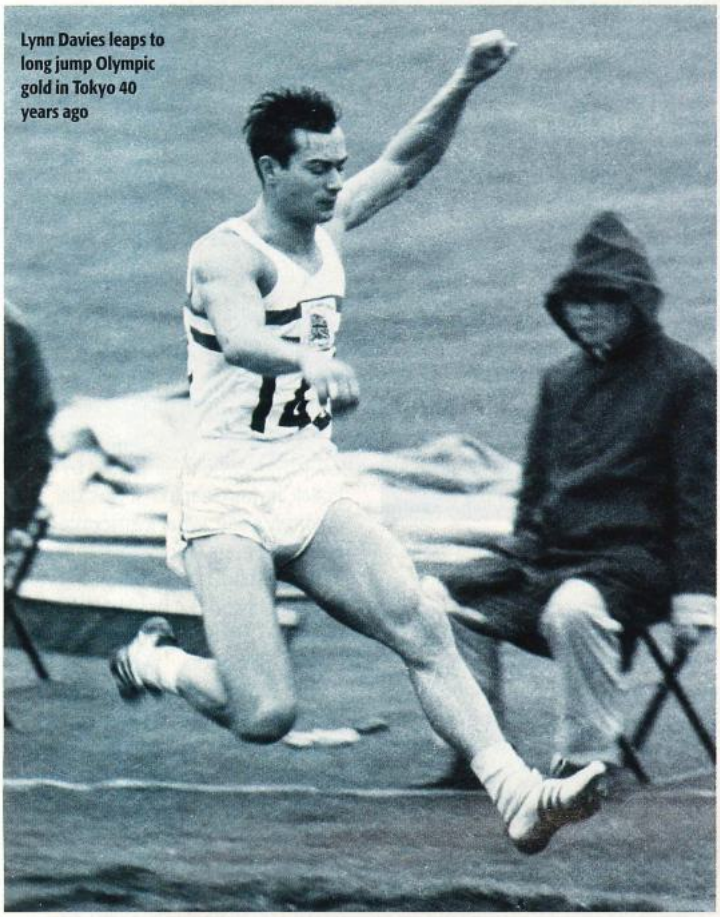
During the next few years Matthews won all the major titles open to him: he scored individual victories in the 1961 and 1963 editions of the Lugano Cup (the world walking team championship) and became European champion in 1962. Apart from a judge's warning early in the race, he encountered no problems in Tokyo. Matthews forged ahead to reach the 5km checkpoint in 22:19 and inflicted great damage on the rest of the field by covering the second 5km in 22:04. At 10km (44:23) he held a 24sec advantage over Germany's Dieter Lindner with defending champion Golubnichiy another four seconds in arrears. Although Matthews was slower over the second half of the journey he increased his lead and at the finish (Olympic record of 1:29:34) his margin over Lindner was 1min 40sec. Matthews, born in Birmingham on 21 June, 1934, promptly retired from competition.

October 18: Lynn Davies (long jump)
Welshman Lynn Davies (born at Nantymoel, near Bridgend, on 20 May 1942) was asked toward the end of 1963 about his long jumping ambitions, his personal best at the time being 25' 4" or 7.72. His aim for 1964, he replied, was a jump of 26' 4" (8.03), "which should place me in the final six in Tokyo". His all-time goal was "to win an Olympic medal in Mexico City" in 1968. However, so quickly did he develop in 1964 under coach Ron Pickering that he wildly exceeded those aims.

Stronger and faster (9.5 for 100 yards) than ever before, and technically much more proficient now that he was using a two-and-a-half hitchkick, Davies reached the eight-metre mark for the first time in May 1964 and improved the UK record to 8.02 in July. Defending champion Ralph Boston, who had raised the world record to 8.34 (plus a wind assisted 8.49) at the US Trials, started as favourite, with the USSR's Igor Ter-Ovanesyan, a previous world record holder at 8.31 and credited in 1964 with 8.18, considered the man most likely to upset Boston.

Davies' Olympic challenge came perilously close to ending in the qualifying round. Needing 7.60 to automatically reach the final, he opened with 7.39 and followed with a foul. All depended on his last attempt ... happily, he jumped 7.78 and the crisis was over.

Conditions for the final later in the day were deplorable: the runway was covered with puddles, the wind blew against the jumpers and the temperature was a chilly 13 degrees. Not surprisingly the length of the jumps was adversely affected and


Lynn Davies leaps to long jump Olympic gold in Tokyo 40 years ago

after four rounds Boston led with 7.88 from Ter-Ovanesyan (7.80) and Davies (7.78). The bronze medal was as good as his but Davies sensed he could win the coveted gold medal. All too accustomed to such weather, he knew he was being unsettled by the damp and dismal conditions to a lesser degree than his opponents. He put his whole body and soul into the fifth jump and, generating a combination of speed, spring, strength and technique that would have spelt 27 feet (8.23) in more reasonable circumstances, he cut the sand at 8.07. Incredibly, in spite of the adverse breeze, the state of the runway and the pressure of an Olympic final, he had managed to jump further than ever before. "The suspense was agony", he admitted, as his rivals took their remaining attempts. Ter-Ovanesyan replied with a fifth-round 7.99 to move into second place, but in the final round Boston – landing heart-stoppingly close to Davies' mark – recaptured second position with 8.03. For the first time in Olympic athletics history, Wales could hail an individual event winner. The remarkably youthful-looking Davies is currently President of the governing body, UK Athletics.

October 20: Ann Packer (800m)
Just in time, Ann Packer discovered her best event. Whereas Fanny Blankers-Koen began her career at 800m and found fame as a sprinter, hurdler and jumper, Packer started as a sprinter, hurdler and jumper and found fame at 800m. And whereas the Dutchwoman was 30 when she achieved Olympic immortality and continued in serious competition for a further eight years, the British athlete (born at Moulsford, Berkshire, on 8 March 1942) decided to retire immediately after her Olympic success aged only 22.

She could look back upon an extraordinarily varied career. She won the 100 yards title at the 1959 English Schools' Championships, took the WAAA long jump in 1960, unexpectedly reached the 200m final at the 1962 European Championships and later that year placed sixth in the Commonwealth Games 80m hurdles and won a silver medal in the relay. In 1963 she moved up to 400m and swiftly burst into world class with 53.4. Finally, in 1964, she took up the 800m – with astonishing results.

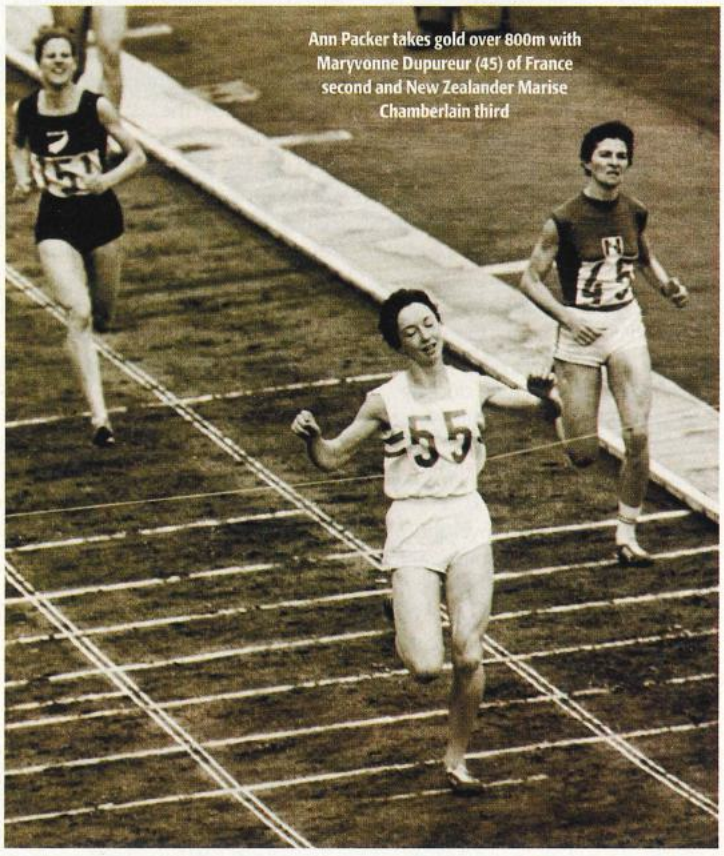
She travelled to Tokyo with only five two-lap races behind her, her best time being 2:05.3. Her main objective was to win the 400m and she came so very close, clocking a European record of 52.2 (52.20) but having to settle for the silver as Betty Cuthbert, who won the sprint double at the 1956 Games, held off her opponent in 52.0 (52.01). Packer might have reduced her chances by running faster than necessary in the preliminaries: she recorded 53.1 winning her heat, while Cuthbert finished third in 56.0 in hers; in the semis Packer won in 52.7 (52.77) as Cuthbert conserved further energy with 53.8 behind her.

Packer took a leaf out of Cuthbert's book in the 800m. She was content to place fifth (2:12.6) in a heat won by Frenchwoman Maryvonne Dupureur in 2:04.5. Dupureur ran another fast race (2:04.1) in her semi, while Packer virtually jogged home third in hers in 2:06.0.

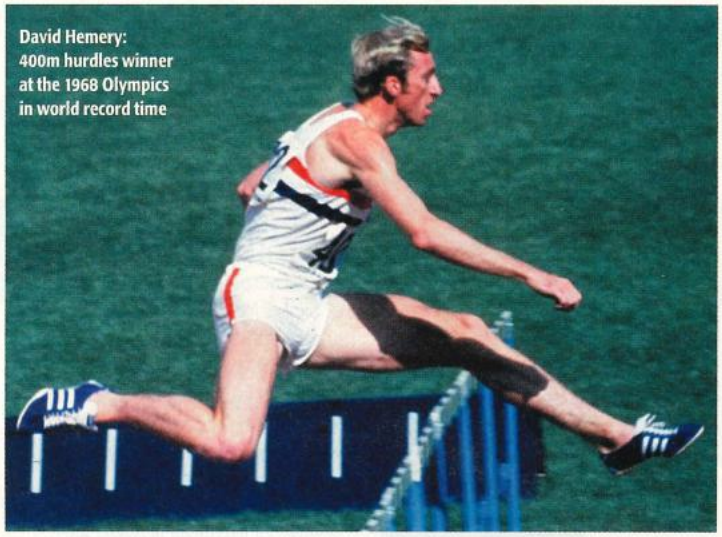
Although on paper Packer was the slowest of the eight finalists, and most accounts claim she was given no chance of winning, a glance at the forecast in *Athletics Weekly* for 10 October 1964 reveals that Dixie Willis, the Australian who held the official world record of 2:01.2, was picked for first, Ann Packer for second, Maryvonne Dupureur for third and Marise Chamberlain (New Zealand) for fourth. Modesty forbids revealing the identity of the prognosticator in question, but as Willis was ill and never competed in Tokyo his tip to win therefore became Packer.

Racing the distance for the eighth and last time in her life, Packer – advised by Denis Watts and inspired by her fiancé Robbie Brightwell – was sixth at the bell in 59.1, just a couple of strides behind the leader, Dupureur (58.6); she was in third place at 600m and second around the final turn. The French runner was still five metres ahead entering the final straight but as she began to flag so Packer's stride lengthened and her spirits soared. She passed her opponent without encountering any resistance and, with a smile on her face, Packer broke the tape five metres clear of Dupureur, with Chamberlain third. Her time: a world record 2:01.1. "It was so easy, I couldn't believe I had won,' said Ann Packer, who became Mrs Brightwell a couple of months later and, explaining her immediate retirement, said "running a home is more important than running races".

GB medallists: Men: Marathon: 2, Basil Heatley 2:16:20; **3000mSC:** 2, Maurice Herriott 8:32.4; **400H:** 2, John Cooper 50.1; **4x400m:** 2, Great Britain (Tim Graham 45.9, Adrian Metcalfe 45.5, John Cooper 45.4, Robbie Brightwell 44.8) 3:01.6; **LJ:** 1, Lynn Davies 8.07; **2 90km Walk:** 1, Ken Matthews 1:29:34; **50km Walk:** 2, Paul Nihill 4:11:32. **Women: 400m:** 2, Ann Packer 52.20; **800m:** 1, Ann Packer 2:01.1 (world rec); **4x100m:** 3, Great Britain (Janet Simpson, Mary Rand (née Bignal), Daphne Arden, Dorothy Hyman) 44.0/44.09; **LJ:** 1, Mary Rand 6.76 (world rec); **Pen:** 2, Mary Rand GBR 5035 (10.9, 11.05, 1.72, 6.55, 24.2).


Ann Packer takes gold over 800m with Maryvonne Dupureur (45) of France second and New Zealander Marise Chamberlain third

ATHENS 2004



David Hemery: 400m hurdles winner at the 1968 Olympics in world record time

♦ 1968 – MEXICO CITY

THERE has been no more convincing British Olympic champion in history than David Hemery. What he achieved in the 400m hurdles final in high altitude Mexico City was the ultimate in athletic achievement. Not only did he win the race and smash the world record, but his domination over the opposition at such a level was quite extraordinary.

Born in Cirencester, Gloucestershire on 18 July 1944, he moved with his family to the United States when he was 12, but returned to Britain for two years from 1962 after graduating from his high school in Massachusetts. In 1964 he entered Boston University and early in 1966 set European indoor records of 1:09.8 for 600y and 7.1 for 60y hurdles; outdoors he ran only a few quarter hurdles (52.8 in 1965, 51.8 in 1966) and concentrated on the "highs". He won the 1966 Commonwealth title and equalled the UK record of 13.9. Hamstring trouble caused him to miss the 1967 outdoor season but, discouraging as it was at the time, that enforced rest enabled him to undertake a gruelling non-stop 60-week build up for the Mexico City Olympics.

Coached in Boston by Billy Smith and in Britain by Fred Housden, he improved practically week by week so that in his final US race he won the National Collegiate title in 49.8 and he trimmed that to 49.6 in Britain. Although his three American opponents had faster times, with Geoff Vanderstock having achieved a world record 48.8 (48.94) in the US Trials at high altitude, Hemery sensed he was in with as good a chance as anyone.

Fastest in the heats was Ron Whitney (USA), who set a Olympic record of 49.0 (49.06), while the semi-finals saw seven men clocking between 49.1 and 49.3, both John Sherwood and Hemery running 49.3 (49.37) to break Hemery's UK record.

The line-up for the final was the greatest yet assembled in this event, but Hemery made his opponents look almost ordinary. Drawn in lane six, he blasted from the blocks and in practically no time had made up the stagger on Whitney, in seven. He whizzed along the back straight at breakneck speed, the hurdles hardly disturbing the graceful flow of his stride. He flashed past the 200m mark in an unheard of 23.0 and it became clear that he was either going to win the race by a street or he was going to die a dreadful death in the closing stages.

But it was when the going got toughest that Hemery's prodigious stamina training paid rich dividends. As coach Smith had reminded him: "There are a thousand hills and sand-dunes behind you and there isn't time for the others to catch up." He never flagged and the outcome was that he crossed the finish line at least seven metres clear of European record holder Gerhard Hennige. Or rather, ex-European record-holder, for Hemery's staggering time of 48.12 (48.1) smashed the world record. Almost unnoticed, as all eyes were on Hemery's triumphal progression, John Sherwood (whose long jumping wife Sheila had finished second the previous day) also ran the race of his life as he snatched the bronze medal in 49.03 (49.0). The last time Britain collected two medals in the same event was the 400m in 1924, and it was appropriate that the medals should be presented by the Marquess of Exeter, who as Lord Burghley won this very title in 1928.

GB medallists: Men: 400H: 1, David Hemery 48.12 (ratified as world rec of 48.1); 3, John Sherwood 49.03;
Women: 400m: 2, Lillian Board 52.12; LJ: 2, Sheila Sherwood 6.68.

♦ 1972 – MUNICH

IT was not until she was 33, after 17 years of pentathlon competition, that Mary Peters "overnight" became a household name when in Munich she joined the immortals by winning an Olympic title with a world record performance – in the tradition established by Britain's only previous female Olympic champions, Mary Rand and Ann Packer.

Her story is one of perseverance. Overshadowed as a pentathlete by Rand and never quite making world class as a shot putter, her career might well have ended after a disappointing showing at the 1968 Olympics where, hampered by an injured ankle, she placed ninth. She was already 29 and had she quit then she would have been remembered as a very good and big hearted athlete (she placed fourth in the 1964 Games) but not truly a great one.

Instead she took off 1969 in order to regain her zest and, competing at her fourth Commonwealth Games, in 1970, she won gold medals in both the shot and pentathlon, representing Northern Ireland. Although born at Halewood in Lancashire on 6 July 1939, she had lived in Ulster from the age of 11. Again she passed up competition in 1971 as, with her coach Buster McShane, she prepared for the Olympics, and the indoor season of 1972 saw her transformed as a high jumper. Previously just a competent straddle jumper with a best of 1.67, she emerged as a Fosbury-flopper of close to world class. This dramatic improvement was worth over 100 points in that one event and was the key to her Olympic aspirations.

Having raised the UK record to 4630, which ranked her fifth among the pentathlon contenders, it was apparent from the first event in Munich that she was in superb form. She clocked 13.29 for 100m hurdles, a UK record on electrical timing; put the shot 16.20, which was only 11cm below her UK record; and ended the first day with an inspired high jump of 1.82 with the predominantly German crowd taking the bouncy blonde with the flashing smile and cheery wave to its collective heart despite the fact that with each successful clearance she was widening her points advantage over West Germany's big hope, Heide Rosendahl. Mary's overnight score of 2969, the highest ever recorded, gave her a handsome lead over the GDR's world record holder Burglinde Pollak (2872) with Rosendahl only fifth on 2668 ... and with her two strongest events to come.

On the second day Peters went close to her best with a 5.98 long jump, but Rosendahl – world record-holder for the event – cleared a massive 6.83. The scores going into the final event were: 1, Peters 3871; 2, Pollak 3824; 3, Rosendahl 3750.

Bearing in mind that Peters' best for 200m was 24.2, compared to 23.1 by Rosendahl and 23.8 by Pollak, it was clear that it was still anybody's title. What it amounted to was that Peters would have to finish no more than 1.2 sec behind Rosendahl and 0.4 behind Pollak. It would be the ultimate test of nerve as well as speed.

It was immediately obvious that she had finished close enough to Pollak, as there was not much more than a metre between them at the line. But Rosendahl had finished about ten metres ahead, her time flashing up as 22.96. Hasty consultation of the scoring tables indicated Peters would need 24.18 to win. The suspense was unbearable during the minutes that passed before the other times became available. It was 24.08! Peters had won by 10 points, her final score of 4801 points being a world record for good measure. She is now Dame Mary Peters.

GB medallists: Men: 5000m: 3, Ian Stewart 13:27.61; **400H:** 3, David Hemery 48.52; **4x400m:** 2, Great Britain (Martin Reynolds 46.3, Alan Pascoe 45.1, David Hemery 44.9, David Jenkins 44.2) 3:00.46.
Women: Pen: 1, Mary Peters 4801 (world rec) (13.29, 16.20, 1.82, 5.98, 24.08).

♦ BRITAIN'S GOLD-LESS GAMES

BELOW are the best British performances at the 1976 Olympics

♦ 1976 – MONTREAL

GB medallist: 10,000m: 3, Brendan Foster 27:54.92.

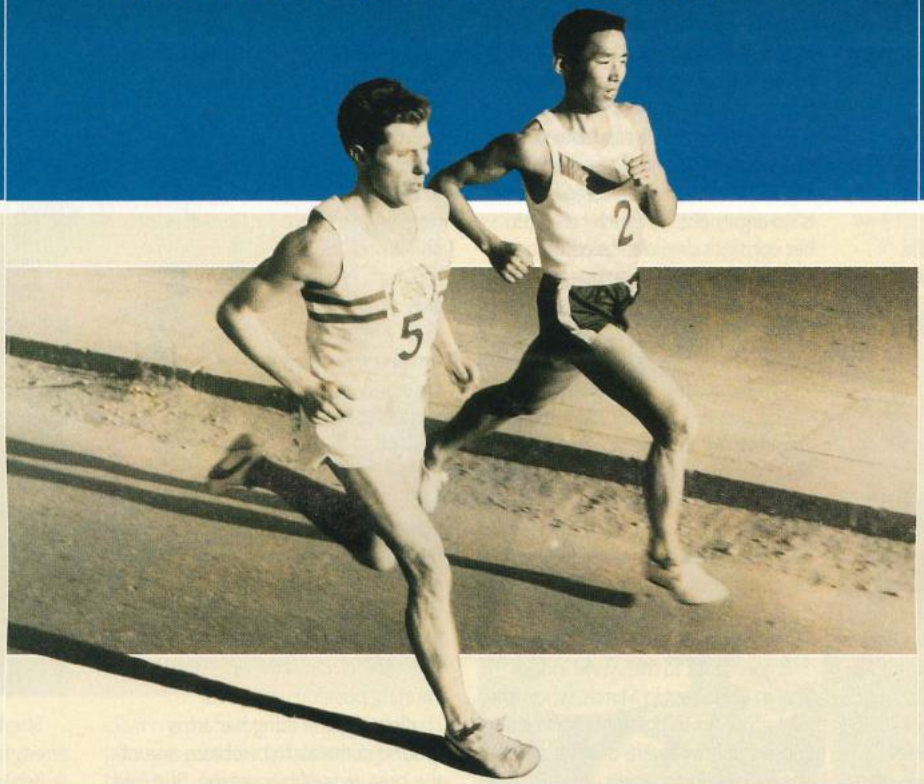
♦ MEL WATMAN'S book, *Olympic Track & Field History*, is available from *Athletics Weekly*.

Send a cheque for £12, payable to *Athletics Weekly*, to: *Athletics Weekly*, Olympic History book, 83 Park Road, Peterborough PE1 2TN. Orders from outside the UK will be charged £2 extra for post and packaging.

The

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Kelly's dilemma

Holmes left with Athens poser as Oyepitan turns back the clock

Report: Richard Lewis
Pictures: Mark Shearman

A DULL afternoon in Birmingham saw Britain beaten into third place at the Norwich Union International. But that disappointment did not take away from a superb run by Kelly Holmes and a blistering performance from Abi Oyepitan.

The Commonwealth select team won with 153 points from the USA with 151, Britain 121, and Europe 99.

By the time of the Olympic Games in Beijing in 2008, Kelly Holmes expects to be retired but we cannot bank on that because one of the finest servants in British athletics history has a habit of delivering the unexpected.

But, she said, the Olympics in Athens, which open in two weeks time, will be her last appearance at such an event and she does not want to leave Greece, or let alone wake up with a startling realisation in years to come, that she wished she had achieved more.

It is why she will spend the next fortnight deciding whether to run the 800 metres or the 1500m in Athens, or both. And if she was looking to find an answer to the question of which distance she should concentrate on, Birmingham provided sensational evidence that two laps might be better than almost four.

Holmes is the Olympic bronze medallist and world silver medallist at the 800m which should mean there is no argument. But such has been her constant desire to become a champion at 1500m at one of the two big events, the Olympics and the Worlds, it is not quite as straight forward as that.

The Norwich Union International, a match between Britain, USA, the Commonwealth and Europe, at the Alexander Stadium on Sunday, was her first appearance since she sustained a calf injury and since she had revealed that she is suffering psychologically from not finding her rhythm or her race conviction in the 1500m this season.

It goes back to the world indoor final in Budapest in March, when she fell before finishing ninth. "I am going into races now aware of what other people are doing when normally I just concentrate on myself," she said

But if she has been worried about being in doubt over the way she runs 1500m, what do we make of the 800m? Watching Holmes run in Birmingham, you could hardly imagine that this was an athlete with any sort of problem.

She played it steady over the opening lap, settling on the outside of the pack that included fellow Britons Hayley Tullett and Susan Scott and Jennifer Toomey, of the USA.

Jolanda Ceplak, the European champion and fastest woman in the world this year with her time of 1:57.68, was the barrier that Holmes was going to have set herself against and when the Slovenian moved to the front, the reaction of the Briton was important.

Doubting the way she runs? Not on this performance. She bided her time and as the tempo increased along the back straight, Holmes, 34, took off.

She moved from fifth to first in a blink of an eyelid and she was gone. Her arms were pumping full throttle, by the bend she was ahead and by the time she had moved into the final 80m, her lead was growing all the time.

As she crossed the line, after her winning position was never challenged, she flung her arms around in the air to celebrate one of the best wins of her season. She had triumphed in 2:00.46 from Ceplak (2:01.75) and Tullett (2:02.32).

But this race was Holmes at her very best, having not trained much in the previous week after a re-occurrence of a calf problem that had troubled her last year.



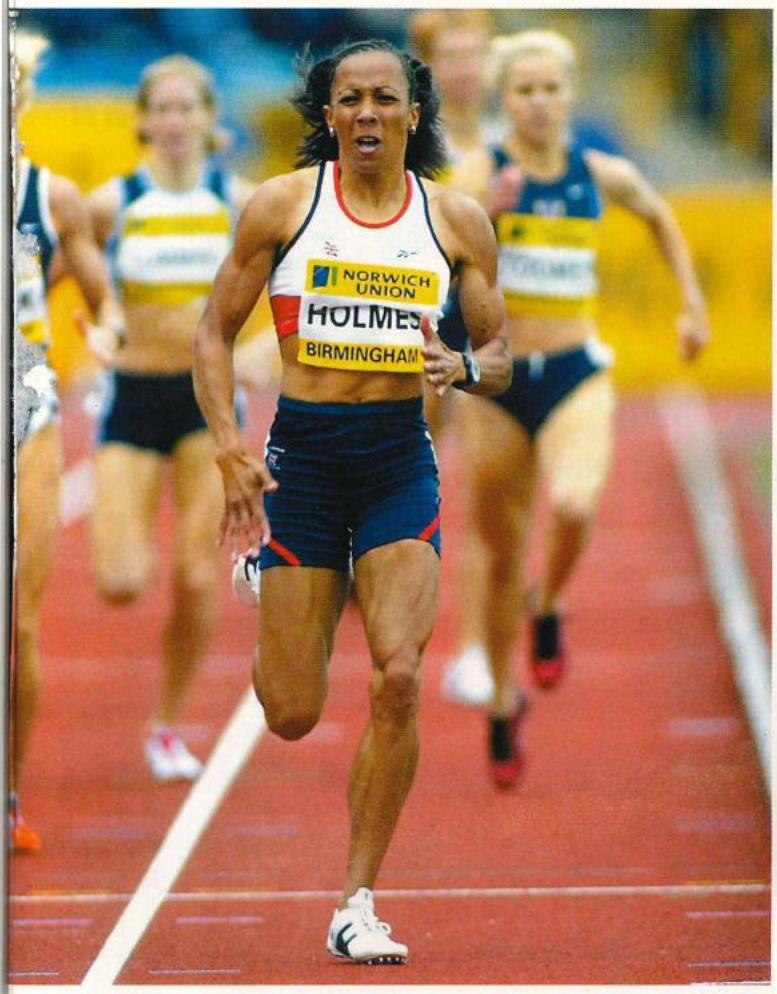
Kelly Holmes destroys an 800m field that included Jolanda Ceplak with a time of 2:00.46

She has such overriding emotional strength that any time she has suffered an injury, from the pain and the tears that come with it, she somehow finds the resilience to bounce back. Otherwise, she would have quit a long time ago.

But still she cannot decide what the best move will be for Athens and which event will be the best to run.



Asafa Powell (centre) from the Commonwealth Select team took the 200m in 20.28 seconds



She competes in the 1500m at Friday's Norwich Union London Grand Prix at Crystal Palace and the outcome of that could go some of the way to making her decision.

Yet, with Maria Mutola, her training partner, failing to make an impression this season because of her slow return to form following a hamstring injury, Holmes would arguably be a clear medal favourite – even a genuine gold medal contender – for the 800m because of the experience, success and power she has over the distance.

If Mutola was missing from the 800m, Ceplak and Russian Olga Kotlyarova, who has season's best of 1:57.96, would remain major threats but Holmes, with a 2004 best of 1:58.71, might be best to opt for this distance because Turkey's Sureyya Ayhan remains so dominant in the 1500m.

Holmes is entered into both the middle-distance events in Athens, the timetable means it would be a monumental performance to achieve something in both because there is no break between the final of the 800m before the heats of the 1500m the next day, but she said: "I still have time to make a decision and that is what I am going to do.

"I just wanted to run out there today. I felt comfortable and thought if I am going to go, just go and whatever I have got, it will come out.

"It didn't matter who was in the field, it was a tough competition anyway. I just needed that race for myself and I just have to start believing in myself and home in on what I want.

"You do need a lot of confidence in this game and I have always said that most of your performance comes from 80 per cent of what you believe in. I am starting to get that back. I still don't know whether to do the 800m in Athens. I will see what happens over the next few weeks."

As world 1500m bronze medallist Tullett used this race to help her towards her preparations for that event in Athens, she said: "I need the 800m because it brings me on very well for the 1500m."

If only the explanation was that simple for Holmes.



William Yiampoy won the 800 metres in 1:47.90, but Britain's Athens-bound Ricky Soos disappointed – trailing home last in 1:49.47. Top Briton was Sam Ellis in fifth

Abi raises the standard

IT has been a long time since a performance by a British 100 metres runner has caught the imagination. Let alone one where they have finished third in the race.

But that was the case as the Shaftesbury Barnet Harrier Abi Oyepitan finished behind Aleen Bailey and Debbie Ferguson in 11.17.

It was the quickest time a British woman sprinter has run for 10 years and Oyepitan had taken herself on to a new level.

The Olympic A qualifying standard of 11.30 and B of 11.40 had been out of her reach all season and she has only been selected to run the 200m in Athens.

She won the trials in 11.54 and could now, in theory, could be entered into the 100m team for the Olympics.

The IAAF do not need final confirmation of athletics squads until August 9 and Oyepitan could appeal to the British Olympic Association to be able to use that clause.

But despite this excellent form over the short sprint, she has decided not to double in Athens.

The performance by Jamaican Bailey was superb, breaking the stadium record of 11.09 as she won in 11.04, but has Britain finally found a new 100m star?

Oyepitan's performance puts her among the leading British women off all time.

She is now fourth on the rankings behind Kathy Cook (11.10), Paula Thomas (11.15) and Andrea Lynch (11.16).

Trained by Tony Lester at the Thames Valley Athletics centre in Eton, Oyepitan, 24, has made gradual improvement and this personal best performance will provide her with endless confidence for her 200m races in Athens.

◆ SEE page five for more on Abi Oyepitan.



Abi Oyepitan ran the fastest 100m by a British woman for 10 years

Collins sets down a marker

KIM COLLINS wants to time his Olympic preparation perfectly and here was an example of what he means. The world and Commonwealth 100m champion set down a prolific marker with a performance of total control.

Times, he said, do not matter. Now or even in the Olympic final itself because winning is all that he is worrying about and he triumphed here in style.

Running from lane five, he was quick away and by halfway, he was increasing his lead with every stride. It was as dominant a 100m performance that has been run anywhere in the world this year because he just left his rivals stranded.

As Collins won in 10.10, Mark Lewis-Francis came through from lane one to take second in 10.27 with John Capel, of the USA, third in 10.28.

Collins said: "It was an important race to win because everyone wants to win their pre-Olympic competitions and lay down a marker. I have restricted my racing this year because I want to come fresh and ready when it really counts.

"I have been training hard and I really expected to win."

This Friday at Crystal Palace, when he meets Olympic champion Maurice Greene, should be some confrontation. If Collins wins then, that will be some Olympic marker.

As for the Britons, Lewis-Francis readdressed the balance from the Olympic trials where he was third behind Jason Gardener and Darren Campbell.

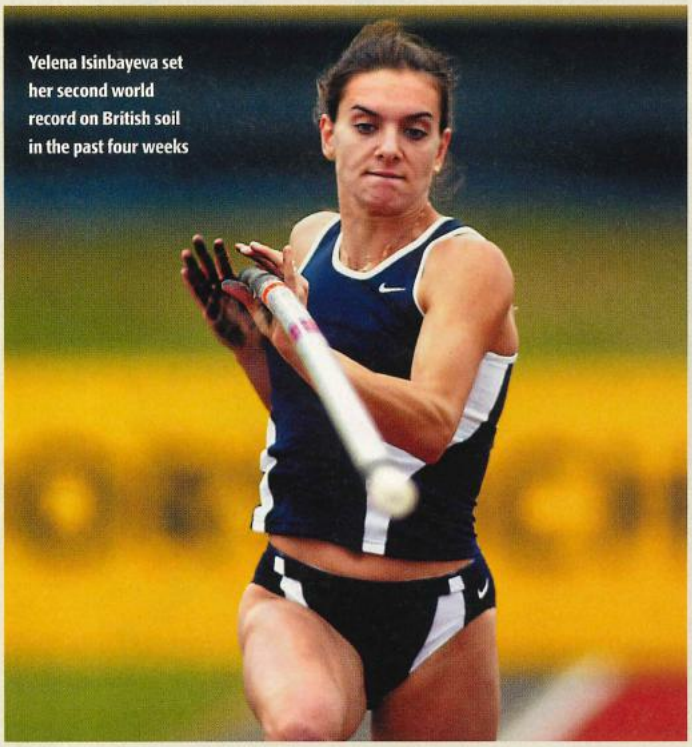
"I said at the AAA's that I always believed I am the fastest man in Britain," said Lewis-Francis. "This race has gone a long way to proving it, particularly from the inside lane. What I needed was someone to chase and I had that with Kim."

Gardener was fifth in 10.34 and said: "It was not a good result for me but is a good run out with Athens coming up."

But Campbell, who was sixth in 10.37, then had to pull out of the 4x100m relay after aggravating an Achilles tendon.



World 100m champion Kim Collins stamped his class on the field with victory in 10.10 ahead of Mark Lewis-Francis


Yelena Isinbayeva set her second world record on British soil in the past four weeks

Yelena claims back world record

NOW there is a surprise. A British athletics meeting would hardly be a British athletics meeting without a pole vault world record from the amazing Russian Yelena Isinbayeva.

Sunday was no exception, as she cleared 4.89m to claim the bonus of $50,000. It was the third time she had achieved such a feat in this country and the second time in four weeks after her 4.87m in Gateshead at the end of June.

Between then and now, she had been removed from the top of the list by Svetlana Feofanova, her Russian team-mate, who had taken the mark to 4.88m on July 4.

But anything you can do....

Yes, Isinbayeva was at it again after Stacy Dragila, the American who once held the record, dropped out of the competition after failing at 4.69m and Feofanova missed on 4.79m.

First time, though, was enough for Isinbayeva at 4.89m and of course no further. She will save that further centimetre for another day.

"At the beginning it was difficult," she said. "It was cold and the wind was blowing people away but after a few jumps I felt much better and settled in.

"I don't know how I managed to keep my concentration.

"It is a secret how I jump so well and the things I tell myself in the competition."

Round up

◆ **ASAFA POWELL,** running for the Commonwealth Select, always seemed in control in the 200m, winning in 20.28 from Joshua Johnson, of the USA, with Christian Malcolm third in 20.53, ahead of fellow Briton Chris Lambert, who beat him to win the AAA championships, fifth in 20.67.

"I am happy with that run and it sets me up for Crystal Palace," said Malcolm. "I am not at my full speed yet. I am not at 100 per cent but I am working at it."

◆ **CHRISTINE OHURUOGU**, the surprise winner of the AAA 400m title, came through late again, but this time was not quick enough to beat Allison Beckford of the Commonwealth Select.

Beckford won in 51.85 from Ohuruogu, who was second in 52.14 and said: "I have had a lot of acclaim since Manchester and that has been exhausting.

"Now I need to keep my head down and focus on the training."

◆ THE women's 1500m brought a surprise – Konstantina Efentaki, a Greek woman running outside of her own country. But she made her mark to win in 4:10.30.

◆ **ALLEN JOHNSON**, the 1996 Olympic champion, may take some stopping in Athens to regain the title after another excellent win.

He leads the world rankings this year with 13.05 and triumphed here in 13.25. Johnson said: "I thought that was far faster. It must be the wind here."

◆ **KELLY SOTHERTON** warmed up for the heptathlon at the Olympic Games by winning the three-event challenge.

She cleared 1.76m to win the high jump, won the 100m hurdles in 13.62 before finishing fourth in the javelin with 35.27m. "I am disappointed with my javelin," she said. "I have thrown five metres further than that but the javelin is only one event in seven."



'Tri-challenge' winner: Kelly Sotherton

Wet and windy for Davis again

IT has been some week for Malachi Davis (pictured below) and the American who now runs for Britain was only sixth in the 400m final, after being drafted into the individual event on Friday.

Originally, he was set to run in only the 400m relay and the change of plan did not do him any favours.

He was never in contention, clocking a time of 46.84 as Michael Blackwood, the Commonwealth champion, won in 46.08 from Tim Benjamin, Britain's No 1, who was second in 46.34, with American Derrick Brew third in 46.35.

"It was really cold out there so the result was okay for me," said Davis.

"It was a little strange for me competing against the guys from the USA but they are all very happy for me running for Britain and making the Olympic team.

"I have been embraced well by the rest of the team. I am with them all the way and will be joining them in the training camp in Cyprus after a short trip back to the USA.

"But I will be running in London and am hoping for some warm weather."

He should not bank on it.



Results

◆ **MATCH:** 1 Commonwealth Select 153; 2 United States 151; 3 Great Britain & NI 121; 4 European Select 99

◆ **MEN**

100 (2.4): 1 K Collins (COM) 10.10; 2 M Lewis-Francis (GBR) 10.27; 3 J Capel (USA) 10.28; 4 L Scott (USA, gst) 10.30; 5 J Gardener (GBR) 10.34; 6 D Campbell (GBR) 10.37; 7 A Waugh (COM) 10.41; 8 M Scales 10.41; 9 T Beck (EUR) 10.65; 10 T Douglas (EUR) 10.73. **Invit (2.6):** 1 J Norman (USA) 10.28; 2 M Devonish (Cov) 10.32; 3 R Edwards (USA) 10.37; 4 J Smoots (USA) 10.38; 5 N Smith (SB) 10.43; 6 T Edgar (WG&EL) 10.50; 7 A Armstrong (USA) 10.53; 8 C Douglas (NED) 10.73

200 (1.7): 1 A Powell (COM) 20.28; 2 JJ Johnson (USA) 20.50; 3 C Malcolm (GBR) 20.53; 4 D Patton (USA) 20.59; 5 C Lambert (GBR) 20.67; 6 C Williams (COM) 20.98; 7 P van Balkom (EUR) 21.10; 8 G Hoogmoed (EUR) 21.11

400: 1 M Blackwood (COM) 46.08; 2 T Benjamin (GBR) 46.34; 3 D Brew (USA) 46.35; 4 C Hill (COM) 46.46; 5 A Steele (USA) 46.78; 6 M Davis (GBR) 46.84; 7 R Tobin (EUR) 46.88; 8 M Elias (GBR) 47.49

800: 1 W Yiampoy (COM) 1:47.90; 2 G Reed (COM) 1:48.00; 3 D Krummenacker (USA) 1:48.33; 4 K Robinson (USA) 1:48.61; 5 S Ellis (GBR) 1:48.73; 6 P Czapiewski (EUR) 1:49.01; 7 A Okken (EUR) 1:49.20; 8 R Soos (GBR) 1:49.47

110H (0.9): 1 A Johnson (USA) 13.25; 2 M Wignall (COM) 13.56; 3 D Ross (USA) 13.59; 4 C Pinnock (COM) 13.60; 5 R Newton (GBR) 13.69; 6 T Blaschek (EUR) 13.78; 7 R Kronberg (EUR) 13.79; 8 D Greaves (GBR) 13.86

LJ: 1 D Phillips (USA) 8.35 (x, x, 8.35/0.9, x, -, 7.96); 2 I Gaisah (COM) 7.98; 3 C Tomlinson (GBR) 7.95 (7.83/-0.6, 7.81/-0.3, 7.95/-1.1, 7.91/-0.5, 7.93/0.4); 4 V Zyuskov (EUR) 7.85; 5 N Morgan (COM) 7.82 (x, x, 7.82/-1.8, 7.80/-1.2, x, 7.54/-0.9); 6 T Allmond (USA) 7.73; 7 D Ritchie (GBR) 7.71 (x, 7.41/-1.2, 7.67/-1.5, 7.60/0.0, x, 7.71/0.3); 8 S Ergotic (EUR) 7.44

4x400: 1 United States 3:06.28; 2 Great Britain & NI 3:07.21 (Davis, Tobin, D Ladejo, Elias); 3 United States 2 dq

◆ **WOMEN**

100 (1.7): 1 A Bailey (COM) 11.04; 2 D Ferguson (COM) 11.15; 3 A Oyepitan (GBR) 11.17; 4 A Williams (USA) 11.34; 5 A Daigle (USA) 11.39; 6 K Mayr (EUR) 11.46; 7 J Maduaka (GBR) 11.47; 8 J Poelman (EUR) 11.54. **Invit (2.6):** 1 J Kwakye (WG&EL) 11.44; 2 E Ania (SB) 11.53; 3 W Myrick (USA) 11.53; 4 C Moore (USA) 11.66; 5 A Onuora (Liv H) 11.69; 6 S Deacon (ESH) 11.76; 7 P van Assendeleft (NED) 11.85; 8 R Hodde (NED) 12.17

400: 1 A Beckford (COM) 51.85; 2 C Ohuruogu (GBR) 52.14; 3 C Cox (USA) 52.39; 4 D Fraser (GBR) 52.70; 5 C Murphy (EUR/GBR) 53.00; 6 M Robinson (USA) 53.10; 7 N Davy (COM) 53.22l 8 H Karagounis (GBR) 53.63

800: 1 K Holmes (GBR) 2:00.46; 2 J Ceplak (EUR) 2:01.75; 3 H Tullett (GBR) 2:02.32; 4 J Toomey (USA) 2:02.54; 5 D Cummins (COM) 2:02.89; 6 S Scott (GBR) 2:03.02; 7 K Bennett (USA) 2:03.99; 8 B Langerholc (EUR) 2:04.21; 9 F Macharia (COM) 2:05.95

1500: 1 K Efentaki (EUR) 4:10.30; 2 A Rudolph (USA) 4:12.15; 3 S Roman (EUR) 4:12.91; 4 C Tollefson (USA) 4:13.67; 5 G Clarke (COM) 4:15.92; 6 H Ovens (GBR) 4:20.21; 7 K Smith (COM) 4:20.46; N Lewis (GBR) dq

PV: 1 Y Isinbayeva (EUR) 4.89 (world rec) 4.42x, 4.57xo, 4.69o, 4.79o, 4.89o); 2 S Feofanova (EUR) 4.69 (4.42o, 4.57o, 4.69xo, 4.79xxx); 3 S Dragila (USA) 4.57 (4.12o, 4.27xo, 4.42xxo, 4.57xo, 4.69xxx); 4 T Grigorieva (COM) 4.27; 5 S McCann (COM) 4.12; 6 L Hughes (GBR) 3.97 (3.77o, 3.97o, 4.12xxx); 7 Z Brown (GBR) 3.97 (3.77xo, 3.97o, 4.12xxx)

HT: 1 E Gilreath (USA) 69.97; 2 K Divos (EUR) 69.00; 3 L Shaw (GBR) 67.43 (66.67, 64.82, 64.05, 67.43, 65.22, 67.12); 4 M Mahon (USA) 65.77; 5 B Eagles (COM) 65.24; 6 L Marx (EUR) 65.19; 7 D Sosimenko (COM) 61.45; 8 S Webb (GBR) 60.55 (56.86, 59.10, x, 60.55, x, 57.97)

4x100: 1 Commonwealth Select 43.03; 2 United States 43.25; 3 United States 2 44.26; 4 Great Britain & NI 44.35 (D Allahgreen, Maduaka, Deacon, Ania); European Select dnf

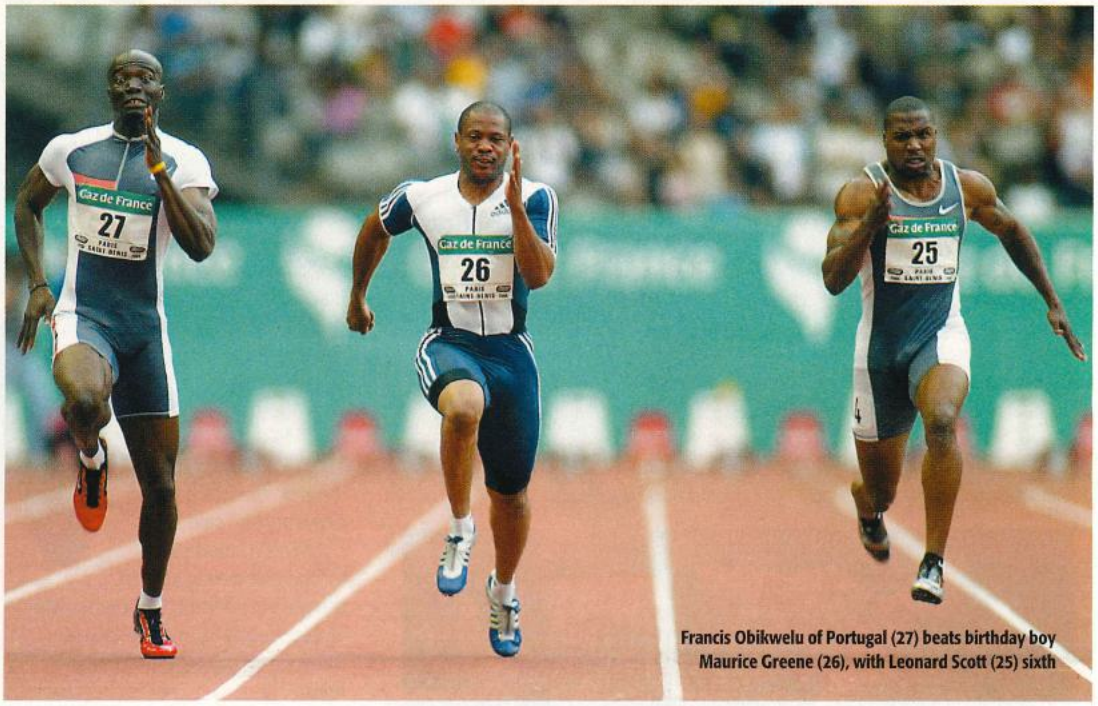
4x400: 1 United States 3:28.27; 2 United States 2 3:28.71; 3 Great Britain & NI 3:31.21 (C Marshall, M Purkiss, Wall, L McConnell)

Tri: 1 K Sotherton (GBR) 2538 (100H: 13.62/0.6, HJ: 1.76, JT: 35.27); 2 F Harrison (GBR) 2517 (13.93/0.6, 1.73, 38.48); 3 K Ruckstuhl (EUR) 2495 (13.84/0.6, 1.73, 36.63); 4 K Wheeler (COM) 2440 (13.96/0.6, 1.73, 34.67); 5 S Burrell (USA) 673 (dnf, nm, 40.30)

No present for Greene

Olympic champion beaten in 100m as five remain on course for the jackpot

Report: Richard Lewis
Pictures: Mark Shearman



Francis Obikwelu of Portugal (27) beats birthday boy Maurice Greene (26), with Leonard Scott (25) sixth

THREE down, three to go and all five athletes who entered this latest leg of the TDK Golden League will now head to Zurich on Friday week still in the chase for a share of the one million dollar prize money.

But if people say that athletics is a sport that has lost its appeal, perhaps the Stade de France should be packaged up as a template to counter that argument.

A crowd of 63,851, one of the biggest at a Grand Prix meeting, watched as Felix Sanchez, in the 400m hurdles, Christian Olsson, in the triple jump, Virgilijus Aleka, in the discus, Tonique Williams-Darling, in the 400m, and Hestrie Cloete, in the high jump, all triumphed again.

But one of the main events of the night, the men's 100m, brought some interesting insights toward what might happen at the Olympic Games.

Maurice Greene was 30, the crowd sang him happy birthday but when it came to the race, there was not too much for him to be smiling about. He may have run a superb 9.91 to win the USA Olympic Trials to show he is back to his best, but here was beaten by Francis Obikwelu, of Portugal.

Does that mean that come Athens, the 100m will be wide open?

Greene was never ahead on the same track where he did not even make the final of the 100m at last year's IAAF World Championships.

Obikwelu was always ahead and triumphed in 10.06 from Greene in 10.14 with Aziz Zakari, of Ghana, one of the best outsiders for gold in Athens, third, also in 10.14.

Obikwelu said: "After 60 metres I didn't feel anybody. I just kept running my race. I just kept relaxed and raced through the line."

Dare we write Greene off for glory at the Olympics? Dare we just.

"I can guarantee you that I win gold in Athens," he said. "I have only been here a couple of days and the effects of travelling might have played their part. I feel great."

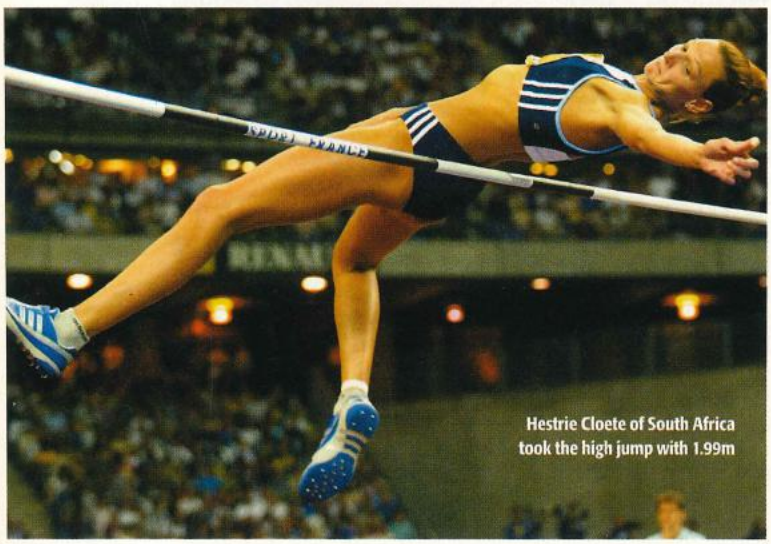
His coach John Smith was equally upbeat. "Maurice is as good as he has ever been," he said. "I know he was beaten here but I don't think we should read too much into this race.

"He is ready to go to Athens to make sure he holds onto the gold medal he won in Sydney.

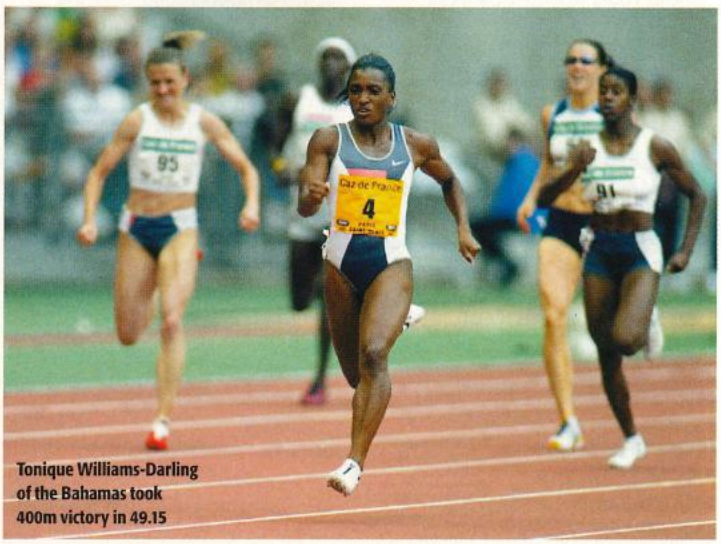
"Is he is a better athlete than four years ago? He keeps improving and it does not surprise me that he is back to his best. He works so hard, he is a great character and there is no way he is going to cut down on his celebrations if he wins. What I mean is, we have the same Maurice Greene as we have always had."

Greene has slowly forced his way back after a road accident when he was knocked off his motorbike while he was waiting at some traffic lights and broke his leg.

Obikwelu showed the fine form that he is hitting when he then won the 200m in 20.12, a national record, beating JJ. Johnson, of the USA, who was second in 20.28 with Frankie



Hestrie Cloete of South Africa took the high jump with 1.99m



Tonique Williams-Darling of the Bahamas took 400m victory in 49.15



Christian Olsson kept his unbeaten stretch, but only by four centimetres from Jadel Gregorio

Fredericks, of Namibia, third in 20.35.

Can he deliver that again in Athens? And, equally, will Greene be good enough this time around?

That could be the same question directed towards Maria Mutola, if she makes it that is.

The brilliant Mozambique star is recovering from a hamstring injury and her performances are suffering. She was beaten in Lausanne at the start of the month in the 800m, her first defeat at that distance for 68 races, and here she finished last in the 1500m which was won by Hungary's Judit Varga 4:03.92, who came through to beat Britain's Hayley Tullett, who was second in 4:04.24.

Mutola was 15th, and last, in 4:07.57 and the Olympic 800m champion now faces a struggle to even make it to Athens.

Tullett won bronze in the 1500m at last year's World Championships here and it seemed she might earn an outstanding victory before Varga went past her.

She said: "I was quite pleased with my run though the speed was not quite there at the end."

One of the best races of the night was the men's 400m, where the home crowd has something to celebrate.

At last year's world championships, Marc Raquil, of France, made a habit of storming through late and that style brought him a bronze medal.

He was injured but his countryman Leslie Djhone proved an equal replacement.

With 50m left of the race, Grenada's Alleyne Francique was in front before Djhone came powering through, having been almost last when they hit the home turn, to win in 44.99.

Francique was second in 45.22 seconds with Lewis Banda, of Zimbabwe, third in 45.39.

The Dominican Republic's Sanchez used all his strength in the final 100m to win the 400m hurdles in 47.99 ahead of Naman Keita, of France, who was second in 48.17 with Dai Tamesue, of Japan, third in 48.60.

Olympic champion Angelo Taylor, of the USA, was fourth in 48.86.

Williams-Darling ran the fastest time in the world this year and a meeting record as she stayed on course for the jackpot by winning the 400m in 49.15, while in the high jump South African Cloete triumphed after a jump-off.

She had the same record as Viktoriya Styopina, of the Ukraine, and then after both women were given a fourth jump at 2.01 to try to find a winner, the event went back to 1.95m, eventually, where Cloete cleared to take the victory.

Alekna, of Lithuania, won the discus with his second throw, 70.21m, the same stage of the competition that Sweden's Olsson gained victory in the triple jump with 17.41m. Britain's Phillips Idowu was 10th with 16.19m.



Judit Varga of Hungary celebrates after beating Hayley Tullett in the 1500m. Maria Mutola finished a surprising last

Results

♦ MEN

100 (-1.0): F Obikwelu (POR) 10.06; 2 M Greene (USA) 10.14; 3 A Aziz Zakari (GHA) 10.14; 4 B Lewis (USA) 10.19; 5 U Emedolu (NGR) 10.26; 6 L Scott (USA) 10.28; 7 JJ Johnson (USA) 10.29; D Brown (TRI) dnf

200 (0.1): 1 Obikwelu 20.12; 2 Johnson 20.28; 3 F Fredericks (NAM) 20.35; 4 S Buckland (MRI) 20.46; 5 J Batangdon (CMR) 20.49; 6 R Pognon (FRA) 20.52; 7 J Capel (USA) 20.62; 8 Emedolu 20.94

400: 1 L Djhone (FRA) 44.99; 2 A Francique (GRN) 45.22; 3 L Banda (ZIM) 45.39; 4 D Brew (USA) 45.53; 5 D Clarke (JAM) 45.70; 6 J Young (USA) 45.84; 7 E Milazar (MRI) 46.40

800: 1 W Yiampoy (KEN) 1:45.03; 2 F Lacasse (FRA) 1:45.70; 3 M Rotich (KEN) 1:45.71; 4 A Laalou (MAR) 1:45.75; 5 N Aissat (FRA) 1:45.92; 6 J Koech (KEN) 1:46.01; 7 J Lomba (FRA) 1:47.10; 8 G Dube (BOT) 1:47.53. DNF: M Mulaudzi (RSA); H Rotich (KEN)

1500: 1 B Lagat (KEN) 3:29.21; 2 T Kiptanui (KEN) 3:30.04; 3 C Chirchir (KEN) 3:30.60; 4 P Korir (KEN) 3:31.57; 5 A Kipchirchir (KEN) 3:32.14; 6 I Heshko (UKR) 3:33.01; 7 A Saidi-Sief (ALG) 3:34.06; 8 N Ngeny (KEN) 3:34.06; 9 A Kaouch (MAR) 3:35.06; 10 R Silva (POR) 3:36.83; 11 J Carlos Higuero 3:37.08; 12 M Koers (NED) 3:38.20; 13 A Chekhemani (FRA) 3:38.62; 14 D Maazouzi (FRA) 3:41.41; 15 D Lelei (KEN) 3:47.95. DNF: A Hatungimana (BDI); B Kipkirui (KEN)

3000: 1 E Kemboi (KEN) 8:11.03; 2 J Nyamu (KEN) 8:11.29; 3 D Cheweno (KEN) 8:11.44; 4 K Misoi (KEN) 8:13.38; 5 W Kiprotich (KEN) 8:14.49; 6 A Ezzine (MAR) 8:14.74; 7 A Jimenez (ESO) 8:14.81; 8 B Tahri (FRA) 8:16.73; 9 V Le Dauphin (FRA) 8:17.57; 10 W Boit Kipketer (KEN) 8:19.21; 11 E Martin (ESP) 8:19.60; 12 R Kipchumba (KEN) 8:34.43; 13 I Lakhal (FRA) 8:37.97; 14 M Kipyego (KEN) 8:45.81. DNF: J Langat (KEN); P Manyim (KEN); G Pencreach (FRA)

110H (-0.7): 1 A Johnson (USA) 13.07; 2 T Trammell (USA) 13.37; 3 R Bramlett (USA) 13.46; 4 C Allen (CAN) 13.50; 5 R dos Santos (BRA) 13.55; 6 R Kronberg (SWE) 13.64; 7 S Denis (FRA) 13.64; 8 R Hughes (USA) 13.70; L Doucoure (FRA) dq

400H: 1 F Sanchez (DOM) 47.99; 2 N Keita (FRA) 48.17; 3 D Tamesue (JPN) 48.60; 4 A Taylor (USA) 48.86; 5 B Jackson (USA) 48.97; 6 J Carter (USA) 49.11; 7 L Herbert (RSA) 51.48

PV: 1 A Averbukh (ISR) 5.75; 2 T Lobinger (GER) 5.75; 3 D Miles (USA) 5.75; 4 T Stevenson (USA) 5.75; 5eq J Hartwig (USA)/R Mesnil (FRA) 5.75; 7 P Kristiansson (SWE) 5.55; 8 N Guigon (FRA) 5.45; 9eq J Galfione (FRA)/I Pavlov (RUS)/P Peuf (FRA) 5.45. NM: D Ecker (GER); T Mack (USA); D Markov (AUS)

TJ: 1 C Olsson (SWE) 17.41/-0.5; 2 J Gregorio (BRA) 17.37/-1.2; 3 K Taillepierre (FRA) 17.13/-0.3; 4 L Sands (BAH) 17.08/-0.5; 5 M Oprea (ROM) 16.93/0.4; 6 Y Betanzos (CUB) 16.76/-1.1; 7 J Kapek (FRA) 16.73/-0.2; 8 M Karailiev (BUL) 16.45/-0.9; 9 D Valyukevich (BLR) 16.27/0.4; 10 PHILLIPS IDOWU 16.19/-0.3; 11 Y Quesada (CUB) 16.12/-0.9; 12 W Davis (USA) 16.06/0.6; C Friedek NM

DT: 1 V Alekna (LTU) 70.21; 2 A Tammert (EST) 65.69; 3 F Kruger (EST) 65.35; 4 G Kanter (EST) 64.78; 5 Z Kovago (HUN) 64.51; 6 M Pestano (ESP) 64.41; 7 M Mollenbeck (GER) 61.45; 8 JC Retel (FRA) 58.83

♦ WOMEN

100 (0.3): 1 C Arron (FRA) 11.10; 2 D Ferguson (BAH) 11.11; 3 I Lalova (BUL) 11.13; 4 I Miller (USA) 11.22; 5 C Gaines USA 11.33; 6 F Ashby (TRI) 11.33; 7 M Lee (USA) 11.36; 8 V Mang (FRA) 11.40; 9 N Mayers (VIN) 11.94

200 (-0.1): 1 Lee 22.49; 2 Ferguson 22.74; 3 Lalova 22.76; 4 Arron 22.80; 5 M Hurtis (FRA) 22.84; 6 S Felix (FRA) 22.99; 7 L Moore (USA) 23.06; 8 C Moore (USA) 23.38

400: 1 T Williams (BAH) 49.15; 2 I Tirlea-Manolache (RMO) 50.48; 3 C Amertil (BAH) 50.58; 4 J Pittman (AUS) 50.93; 5 S Desert (FRA) 51.56; 6 AM Thiam (SEN) 51.75; 7 N Davy (JAM) 52.47

1500: 1 J Varga (HUN) 4:03.92; 2 HAYLEY TULLETT 4:04.24; 3 N Fernandez (SP) 4:04.34; 4 H Benhassi (MAR) 4:04.42; 5 B Ghezielle (MAR) 4:04.44; 6 N Rodriguez (ESP) 4:04.58; 7 M Martins (FRA) 4:04.61; 8 I Fuentes-Pila (ESP) 4:04.66; 9 L Essarokh (FRA) 4:04.69; 10 Z Fuentes-Pila (ESP) 4:04.72; 11 N Neporadna (UKR) 4:04.86; 12 C Sacramento (POR) 4:05.04; 13 T Pilskog (NOR) 4:05.75; 14 J Dejaghere (BEL) 4:07.12; 15 M Mutola (MOZ) 4:07.57. DNF: Y Koesenkova (RUS); T Paulino (MOZ)

3000: 1 I Ochichi (KEN) 8:31.32; 2 A Timbilil (KEN) 8:42.01; 3 S Barsosio (KEN) 8:43.62; 4 D Alemu (ETH) 8:50.74; 5 C Danuay (FRA) 9:03.49. DNF: O Chumakova (RUS); Y Sergeyeva (RUS)

100H (-0.2): 1 P Felicien (CAN) 12.60; 2 L Ferga-Khodadin (FRA) 12.78; 3 J Adams (USA) 12.84; 4 G Alozie (ESP) 12.84; 5 D Ennis-London JAM) 12.87; 6 R Okori (FRA) 12.89; 7 D Carruthers (USA) 12.99; 8 N Denby (USA) 13.18; 9 N Ramalalanirina (FRA) 13.22

HJ: 1 H Cloete (RSA) 1.99; 2 V Styopina (RUS) 1.99; 3 B Vlasic (CRO) 1.99; 4 I Babakova (UKR) 1.92; 5 T Efimenko (KGZ) 1.92; 6 A Acuff (USA) 1.92; 7eq I Mykhalchenko (UKR)/G Niare 1.88; 9 V Veneva (BUL) 1.88; 10 K Kalcheva (BUL) 1.84

HT: 1 Y Moreno (CUB) 72.43; 2 M Montebrun (FRA) 71.14; 3 B Heidler (GER) 70.06; 4 E Gilreath (USA) 69.89; 5 K Skolmowska (POL) 69.69; 6 Y Crawford (CUB) 69.48; 7 A Mahon (USA) 66.71; 8 A Perrin (FRA) 64.50

Join *Athletics Weekly's* Club La Santa training camp



Jamie Quarry: will be on hand to offer coaching advice

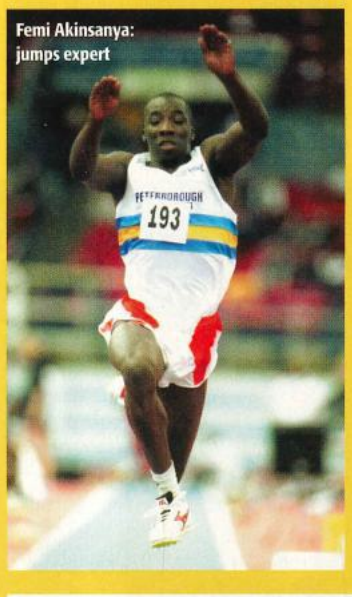
A superb opportunity exists for athletes to train under the guidance of international athletes Jamie Quarry and Femi Akinsanya in Lanzarote

ATHLETICS WEEKLY has joined forces with Sports Tours International to stage a late-summer training camp at Club La Santa on the Spanish island of Lanzarote.

Taking place from September 16-23, 2004, prices start at only £289 and the offer is available to runners, jumpers or throwers.

Supported by Reebok and Powerade, the camp will feature the coaching skills of Jamie Quarry and Femi Akinsanya.

Quarry won a bronze medal in the decathlon at the 2002 Manchester Commonwealth Games, while Akinsanya is a GB international and former national triple jump champion with a best of 16.63m.



Femi Akinsanya: jumps expert



Club La Santa has unrivalled sporting facilities, including an all-weather track

ATHLETICS WEEKLY TRAINING CAMP, CLUB LA SANTA, LANZAROTE, SEPTEMBER 2004

	Time	Group	Activity
Thursday 16th	20.00	All	Group Welcome
Friday 17th	09.30	Optional	Information Tour
	10.15-12.15	All	Warm up/Mobility/Core stability
	16.15-18.15	Sprints, Jumps & PV	Running Drills and Sprint Work
		Distance	Track/road session
Saturday 18th	8.30	Distance	Easy run
	09.30-12.00	Jumps	Event Specific
		PV & Sprints	Event Specific
		Distance	Steady run for those not competing in 10k
	16.30-18.30	Jumps & PV	Plyometrics
		Sprints	Event Specific
	17.00	Distance	10K Road Race
Sunday 19th	AM	REST	Optional easy run
	16.30	All – Optional	Drills/Mobility /Med Ball
Monday 20th	8.30	Distance	Steady run
	09.30-12.00	Jumps	Event Specific
		Sprints	Event Specific
	16.15-18.15	PV	Event Specific
		Jumps	Bounding & Plyometric session
		Distance	Track or Road session/optional
Tuesday 21st	07.00	Distance	Half Marathon
	09.30-12.00	Jumps	Run Up Work
		PV & Sprints	Event Specific
	PM	REST	
Wednesday 22nd	09.30-12.00	PV	Event Specific
		Jumps & Sprints	Event Specific
	11.00	Distance	Tempo session
	16.15-18.15	All	Qaudathlon Competition (30M/Standing LJ/3 x Bunnies/Overhead SP)

NB: All times, events and activities correct at time of going to print but subject to change

TO apply to join *Athletics Weekly's* training camp on September 16-23, call Barrie Laverick on 01733-898442 or e-mail barrie.laverick@athletics-weekly.co.uk. The price includes coaching, lectures, awards, flights, transfers, self-catering accommodation and is based on three sharing. Spaces are limited.

What's on offer?

CLUB LA SANTA on the north coast of Lanzarote is an athlete's paradise. Frequently used as a training base by the world's top athletes – in a variety of sports – Club La Santa has unrivalled facilities and a favourable year-round climate.

Add to this the individual coaching and advice offered by Jamie Quarry and Femi Akinsanya and *AW's* training trip to Club La Santa is certain to get your winter's training off to a flying start.

Facilities at La Santa include: a six-lane all-weather 400m running track, including steeplechase barriers, runways for long and triple jump, pole vault, a discus cage, three shot put circles, a grass pitch for javelin throwing, starting blocks, hurdles, throwing implements and measuring tapes.

The only things unavailable are vaulting poles and facilities to throw the hammer in the stadium (alternative venues are possible).

There is also on-site physiotherapy and massage treatment, plus a wealth of other sporting opportunities and facilities, such as tennis courts, swimming pools, nearby beaches and various fitness classes from dawn to dusk.

The Club La Santa complex includes 400 apartments, all basically but functionally furnished. An apartment typically consists of a sitting room, built-in kitchen, one, two, three or four bedrooms, bathroom and patio or balcony/ terrace. All apartments have a telephone.

Kitchens can vary in standard according to the size of the apartment but equipment consists of a fridge, small mini oven, two hot plates and electric kettle, as well as plates, glasses and cutlery.

- If you would like to know more about staying at Club La Santa, call Sportstours International on 0161-703 8161, see www.sportstoursinternational.co.uk or e-mail them on sales@sportstoursinternational.co.uk
- Sportstours International is fully bonded with ABTA and the Civil Aviation Authority

Results

Our comprehensive results service

Overseas

AFRICAN CHAMPIONSHIPS

Jul 14-18, Brazzaville (CGO): 100: (b): Fasuba NGR 10.21; 200: (e): Batangdon CMR 20.46; 400 (b-c): 1, Milazar MRI 45.03 (1s1 45.35); 2, Sambu KEN 45.33; 800 (d): 1, Yiampoy KEN 1:45.36; 2, Sepeng RSA 1:45.55; 3, A Ismail SUD 1:45.87; 1500 (b): P Korir KEN 3:39.48; 5000 (e): Maregu Zewde ETH 13:47.77; 10,000 (b): Kamathi KEN 28:07.83; 3000SC (a): D Chemweno KEN 8:17.31; 110H (b): T Jouda Matthews SUD 13.70; 400H (e): Herbert RSA 48.90; HJ (e): Mmono BOT 2.17 rec; PV (d): Zaghouani TUN 5.20; LJ (b): Chimier MRI 8.06; TJ (e): Sanou BUR 16.31/-0.6; SP (d): Robberts RSA 21.02; DT (a): 1, Kruger RSA 63.85; 2, Hopley RSA 63.50; HT (b): Harmse RSA 75.90; JT (e): Pienaar RSA 78.31; Dec (c-d): Riahi TUN 7200; 20kW (c): Sawe KEN 1:27:43; 4x100 (c): Nigeria 38.91; Women 100 (a): Ojokolo NGR 11.33; 200 (e): (-1.2) Pillay RSA 23.18; 400 (-c): 1, Fall SEN 50.62; 2, Nadjina CHA 50.80; 3, Béwouda CMR 51.15; 4, Nguimgo CMR 51.20; 5, Benhassine TUN 51.56 rec; 6, Seyerling RSA 51.67; 7, Wittstock RSA 51.85; 800 (c): El Mehdi MAR 2:03.52; 1500 (e): N Langat KEN 4:24.56; 5000 (a): Etalemahu Kidane ETH-J 16:25.83; 10,000 (d): 1, Eyerusalem Kuma ETH 31:56.77; 2, I Kwambai KEN 31:57.54; 3000SC (c): Chaabi MAR 9:53.46; 100H (e): (-0.7) Rakotozafy MAD 13.73; 400H (c): 1, Febbraio RSA 55.12; 2, T Diouf SEN 55.62; HJ (a): Cloete RSA 1.95; PV (b): Balti TUN 4.00; LJ (c): Ndoye SEN 6.64/0.3 rec; TJ (a): 1, Mbango CMR 14.90; 2, Ndoye 14.44; SP (b): Baghdadi EGY 15.53; DT (c): Naude RSA 57.50; JT (b): Viljoen RSA 60.13; Hep (a-b): Simpson GHA 6154 (13.62/1.4, 1.76, 12.87, 24.54/0.0, 6.07/-0.9, 56.29, 2:30.10); 20kW (b): Wanjiru KEN 1:42:45; 4x100 (c): Nigeria 44.32.

BELARUS

Hammer throwers dominated the Belarus Championships (see last week's issue for results) as world champion Ivan Tikhon threw a world-leading 83.97 (with two other throws beyond 83m) ahead of Vadim Devyatovskiy (pb of 82.91 and a brilliantly consistent series) and Igor Astapkovich (41) who improved his world masters record from 81.35 to 82.23. Not to be outdone, Olga Tsander improved her best to 71.76 in the qualifying round and a massive 74.72 in the final for fourth place on the world all-time list.

BELGIUM

Jul 21, Gent: 100: (0.3) 8, A MENSAH 10.76 (2h6 10.72w/2.3); 5000: 3, S BARDEN 13:57.43; Women 1500: F MURRAY 4:22.34; PV: Hamilton NZL 4.30.

CHINA

Jul 17-18, Beijing: TJ (a): Wu Bo 16.79/-0.8; JT: Li Rongxiang 83.32; Women 400H: Huang Xiaoxiao 56.31 (56.18h); PV (a): Gao Shuying 4.30; LJ (a): Wang Lina 6.72/0.0; SP (a): Li Meiju 18.79; DT (a): 1, Song Aimin 62.67; 2, Huang Qun 61.17; 3, Li Yanfeng 60.41; 4, Ma Shuli 60.06; 5, Li Qiumei 59.02; HT: Yang Meiping 67.21.

CZECH REPUBLIC

Jul 17, Liverec: HT: Maska 76.04;
Jul 17-18, Hradec Kralove: Women Hep: Hejnová 6065.

ESTONIA

The ever astonishing Merlene Ottey set a Slovenian 100m record (and world's best by a 44-year-old) with 11.19 in Tallinn, her fastest time for four years!
Jul 19, Valga: DT: Tammert 65.23;
Jul 21, Tallinn: 800: 1, Milkevics LAT 1:47.16; ... 7, N SPEAIGHT 1:48.38; 110H: (0.5) Yun. Hernández CUB 13.50; 400H: 1, Griffiths JAM 49.56; ... 4, M DOUGLAS 50.93; LJ: Beckford JAM 8.19/0.0; DT: 1, Kruger RSA 66.18; 2, Tammert 65.99; 3, Kanter 65.57; 4, Varga HUN 65.13; 5, Malina CZE 63.58; JT: 1, Rags LAT 80.51; 2, Pitkämäki FIN 79.70; 3, Värnik 79.53; Women 100: (0.8) Ottey SLO 11.19 rec; 400: N Williams JAM 51.65; 100H: (1.3) 1, Krasovska UKR 12.85; 2, Faustin HAI 12.98; 3, Golding-Clarke JAM 13.00; LJ: Koivula-Kruger FIN 6.65/-0.3; HT: Pöyry FIN 67.69; JT: 1, Menéndez CUB 63.92; 2, N Bicet CUB 63.32.

FRANCE

European record holder Christine Arron clocked her fastest time for six years when winning the French 100m title in 10.95.
Jul 16-18, Sotteville-les-Rouen. French Championships. 100 (a): (1.7) Nthépé 10.33; 200: (1.2) Djhone 20.67; 400: Raquil 46.21; 800 (b): Chehibi MAR 1:48.64; 1500: Tahri 3:45.05; 5000 (a): Benhari 13:48.51; 3000SC (b): Pencréach 8:27.96; 110H (b): (0.2) 1, Doucouré 13.35 (1s1 13.25w/3.7); 2, Denis 13.65 (2s1 13.50w); 400H: Keita 49.45; HJ (b): Gabella 2.21; PV: Guigon 5.60; LJ: 1, Sdiri 8.23/0.4; 2, Gomis 8.21/0.6; 3, Domenech 8.19/0.8; 4, Bangue 8.12/1.3; 5, Erin 8.09/0.9; TJ (b): 1, Taillepierre 17.16/1.6; 2, Kapek 16.87/0.6; 3, Pincemail 16.72/1.3; SP (b): Niaré 18.22; DT (a): Retel 60.77; HT (a): Epalle 76.95; JT: 1, Farquahar NZL 78.04; 2, Brisseault 77.88; Dec (a-b): Blouin 7576; 20kW: Langlois 1:24:38; Women 100 (a): (1.6) 1, Arron 10.95 (1h2 11.14/1.4, 1s1 11.03/0.0); 2, Félix 11.26 (1s2 11.24/0.4); 3, Mang 11.28 (2s2 11.25); 200 (b-c): (0.7) 1, Arron 22.67 (1h2 22.84/0.5); 2, Hurtis 22.78 (1h1 22.78/0.1); 3, Félix 22.85; 400: Désert 51.61; 800 (b): Grouselle 2:01.37; 1500 (b): B Ghezielle MAR 4:09.13; 5000: Daunay 15:55.42; 3000SC: Olivarès 9:48.81; 100H (b-c-c): (2.1) 1, Okori 12.71w (1h3 12.87/0.6, 1s2 12.97/1.8); 2, Khodadin-Ferga 12.85 (1h2 12.94/0.3, 1s1 12.87/1.7); 3, Ramalalanirina 12.93; 400H: Morandais 57.06; HJ: Niaré 1.89; PV (a): 1, Boslak 4.40; 2, M Poissonier 4.30; LJ (b): Caster 6.54/1.9; TJ (a): Zongo 13.77/1.0; SP: Manfrédi 18.63, DT (a): Robert-Michon 59.37; HT: 1, Montebrun 71.60; 2, Perrin 66.71; JT (b): Ramesh 55.20; Hep (a-b): J Martin 5876; 20kW: Denize 1:36:21;
Jul 15, Nice: JT: Brisseault 82.20; Women SP: Manfrédi 18.51;
Jul 21, Reims: PV: Guigon 5.75; HT: 1, Epalle 77.13; 2, Costa POR 76.86; Women HT: 1, Montebrun 70.97; 2, Silva POR 66.31.

GERMANY

Jul 17-18, Eberstadt: HJ: 1, Holm SWE 2.36 (world-leading mark); 2, Babá CZE 2.33; 3, Sokolovskiy UKR 2.30; 4, Wolski POL 2.30; 5, Talotti ITA 2.27; 6=, Boswell CAN, T Janku CZE, Rybakov RUS 2.27; 9, Ton CZE 2.24; Women HJ (a): 1, Mikhalchenko UKR 2.01; 2, Styopina UKR 1.99; 3, Starková CZE 1.93;
Jul 21, Karlsruhe: PV: 1, Otto 5.70; 2, Schulze 5.70; 3, Yegorov KAZ 5.55; 4, Stevenson USA 5.55; Women PV: 1, Hingst 4.66; 2=, N Ryshich, Balakhonova UKR 4.31;
Jul 23, Jockgrim: PV: Spiegelburg 5.70; Women PV: 1, Hingst 4.31; 2, Taylor USA 4.31.

GREECE

Anna Rogowska, who had never cleared 4m until two years ago, became the fifth highest vaulter of all time when she went clear at 4.71 for a Polish record at the Grand Prix II meeting in Thessaloniki. Another fine national record came with Trecia Smith's Jamaican best triple jump of 14.90.
Jul 19, Thessaloniki: 100: r1 (0.5) M DEVONISH 10.36; 200: (-0.2) 1, Hession IRL 20.61; 2, Sarris 20.61; 3, DEVONISH 20.77; 4, Urbas POL 20.82; 5, Ryan IRL 21.00; ... 7, J GOLDING 21.31; 400: 1, Blackwood JAM 44.95; 2, Szeglet HUN 46.11; 3, Daly IRL 46.23; 4, McCarthy IRL 46.41; 1500: 1, Kaouch MAR 3:36.59; ... 4, Benson Esho KEN (2.2.87) 3:37.56; 8, Turnbull IRL 3:40.41; 400H: 1, Plawgo POL 49.22; 2, Garrett USA 49.34; SP: 1, Biber HUN 20.28; 2, Guset ROM 20.24; 3, Peric SCG 20.00; HT: 1, Annus HUN 80.70; 2, Ziólkowski POL 78.50; 3, Kondratowicz POL 76.76; 4, Rubanko UKR 76.46; Women - 100: (-0.1) Perepelova UZB 11.27; 400: 1, Pompey GUY 51.02; 2, Shinkins IRL 52.17; 3, Dóva 52.31; 4, H KARAGOUNIS 52.40; 1500: 1, Jakubczak POL 4:08.00; 2, Davoren IRL 4:09.07; ... 8, Evans IRL 4:11.22; 10, C BERRY 4:15.48; 11, McGettigan IRL 4:20.01; 100H: (-0.1) 1, Tejeda CUB 12.83; 2, Faustin HAI 12.91; 3, Zamfir ROM 12.92; PV: 1, Rogowska POL 4.71 rec; 2, Skafida 4.40; 3=, Fitidou CYP 4.30 rec & McCann CAN 4.30; 5, Belinskaya RUS 4.30; TJ: 1, T Smith JAM 14.90/-0.2 rec (& 14.77 rec); 2, Zhuravlyeva UZB 14.10/1.0; 3, Hurd USA 14.06/0.3; DT: 1, Hill USA 63.19; 2, Grasu ROM 63.07; 3, Ferrales CUB 60.39; HT: Papadopoúlou 68.08.

HUNGARY

Jul 14, Budapest: DT: Kovago 67.42;
Jul 17-18, Veszprém: DT: Anil Kumar IND 62.15; HT (a): Pars 80.15;

Event organisers ... Event organisers ... Event organisers ... Event organisers ...

- PLEASE send results immediately after the conclusion of the event to: results@athletics-weekly.co.uk Tel 01733-898440 or fax 01733-898441 (Amendments to same)
- PLEASE include: date, venue, event name (and league division name, if applicable), match score and league standings (if applicable), contact number.
- WIND speeds for all sprints and jumps should be reported. If best jumps are illegally wind-assisted (>2 mps), provide best legal jump.
- INDICATE juniors/veterans competing in senior events.
- SEND results in full, unless B standards extracted.
- *ATHLETICS WEEKLY* aims to print all results better than our B standards (downloadable from www.athleticsweekly.com or posted/faxed on request). Please extract standard-meeting performances before telephoning results.

Some statistics and results sourced from www.gbrathletics.com.

Holmes and Tullett lead the way

Paul Halford reviews the top British results of last week

TWO encouraging women's middle-distance performances by Kelly Holmes and Hayley Tullett respectively and Abi Oyepitan's 11.17 represent the pick of last week's British performances.

Holmes' convincing win over Jolanda Ceplak in 2:00.46 in the Norwich Union International in Birmingham was the latest in her series of good 800m performances mingled with a string of indifferent 1500m ones. Meanwhile, Tullett gave hope she can repeat her medal winning exploits at last year's major championships at the Olympics when she finished second in a high class 1500m in the Paris Golden League.

Oyepitan's 100m time in Birmingham will not advance her significantly in world terms, but it does raise the prospect of the 22-year-old UK record finally being wiped out. Paula Thomas looked capable of consigning Kathy Cook's record to history in 1994 when she ran 11.15 but until Sunday no one else had come close.



Hayley Tullett: second in Paris

Christian Malcolm's was the only encouraging British male sprint performance in Birmingham. He still has some way to improve after his season's best 20.53 for 200m but it is a step in the right direction.

Aside from Tullett, the only British competitor in Paris was Phillips Idowu, who showed he has some way to go to become medal material in Athens with his 10th place 16.19m.

In the National Junior League's Southern Premier match, high-jumper Adam Scarr made a big breakthrough with a 2.16m clearance. It would have qualified the athlete with a previous best of 2.11m for the World Junior Championships. Also making waves in the junior ranks too late in the season was Richard Yates, who raised eyebrows in Stretford on July 20 with his 400m time of 47.65, an improvement of nearly one and a half seconds.

Among the leading performances on the road was M50 Martin Rees winning the Gloucester Half-marathon in 68:48 and Charlotte Dale's 33:32 for 10km in Elmbridge.

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Women HT (a): Orbán 67.60.

INDIA

Jul 19-20, Chennai: Indian Championships. SP: (a) 1, Ranvijay Singh 20.26; 2, Navpreet Singh 19.93; Women HJ: (a) Aloysius 1.91 rec; Hep: (b-c) Soma Biswas 6162 (13.70, 1.67, 12.91, 24.32, 6.27, 46.91, 2:13.20).

ITALY

Jul 17, Malles (980m altitude): 100: (0.5) Zakari GHA 10.05; 400: DU'AINE LADEJO GBR 46.14; 110H: (1.5) Inocencio 13.51; LJ: 1, Gaisah GHA 8.29/1.5; 2, Beckford JAM 8.17/0.0; Women 100H: (2.2) Sprenger GER 12.93w.

POLAND

Jul 10, Gdansk: JT: 2, Kolko 80.17; Women 800: Zagorska 2:00.67; SP: Zabawska 18.93; JT: Madejczyk 61.36.

PORTUGAL

Jul 10, Quinta do Anjo: Women HT: Alves 66.44;
Jul 11, Funchal: Women 400: Shinkins IRL 52.55;
Jul 14, Lisbon: Women HT: V Silva 68.82 rec.

RUSSIA

Jul 8, Kazan: HJ: 1, Voronin 2.28;
Jul 9, Kazan: HT: 4, Ziolkowski POL 76.48;
Jul 16-18, Cheboksary: Russian U23 Championships: 400H (a): Lipskiy 49.41; HJ: Tereshin 2.26; TJ: Sergeyev 17.11/0.8; Women 100 (a): (-0.6) Fyodorova 11.27; 400 (b): Firova 51.30; 3000SC (b): S Ivanova 9:55.88; 400H (a-b): Ildeykina 55.49 (1h3 56.19); LJ (a): Ilyina 6.66/0.4; HT (b): Khoroshikh 68.44;
Jul 20, Moscow: HJ: Rybakov 2.26; PV: Gerasimov 5.65; LJ: Gataullin 8.05/1.0; TJ: 1, Musikhin 17.02/1.2; 2, Gushchinskiy 16.92/1.6; 3, Moskalenko 16.70/2.0; Women 200: Antyukh 22.96; 800: 1, Zbrozhek 1:59.29; 2, Raspopova 1:59.75; 400H: 1, Anashkina 55.64; 2, Isakova 56.04.

SPAIN

Fiona Harrison became the tenth Briton to exceed 6000 points in the heptathlon, scoring 6011 with wind assistance as a guest in the Spanish Championships.
Jul 9, Barcelona: Women 2000SC: 3, Morato 6:28.22 rec; JT: Kolkkala FIN 60.11; 5000W: Vasco 21:18.58 rec;
Jul 16-17, Sabadell: Women HT: Castells 67.25;
Jul 17-18, Cartagena: Spanish Multi-Events Championships: Dec: D Gómez 7842; Women Hep: 1, F HARRISON (guest) 6011w (13.76w/2.8, 1.78, 12.65, 24.37W/4.4, 6.00/ 1.7, 39.38, 2:15.12); 2, Peinado 5824w; dnf, J HOLLMAN (14.16w/2.8, 1.75, 12.14, 24.58W/4.4, 6.38/1.8, 35.42, dns);
Jul 18, Vitoria: 110H: Vivancos 13.41 (irregular as photo-finish wrongly aligned);
Jul 19, Almería: Exh Women PV: 1, Agirre 4.35; 2, N Ryhsich GER 4.30;
Jul 20, Castellón: Women 100H: (1.6) Lopez 12.92;
Jul 20, Soria: (A) 400H: 1, Armstrong USA 49.09; 2, Romera 49.34; 3, Kamani PAN 49.42; Women 100H: (-0.5) 1, Atede NGR 12.98; 2, Alozie 13.06;
Jul 21, Mataró: Women PV: Cervantes 4.30; HT: Castells 67.72.

SWEDEN

Blanka Vlasic won the second edition of the High Jump Gala at Bastad tennis stadium, setting a Croatian record at 2.02 on her third attempt, and Jacques Freitag (2.34 in Spain five days earlier) took the men's event with 2.31. But there was a disaster for Kajsa Bergqvist, as her left foot gave way on her approach towards 1.88 in her comeback competition after a bursitis operation in February. It was found that her left Achilles tendon had snapped (or rather detached from the heel) and her Olympic season was over almost before it had begun.
Jul 15, Norrtälje: Women LJ: Klüft 6.51w/2.4 (6.46/1.3);
Jul 18, Bastad: HJ: 1, Freitag RSA 2.31; 2, Strand 2.24; Women HJ: 1, Vlasic CRO 2.02 rec; 2, Babakova UKR 1.95; 3, Efimenko KGZ 1.92; ... 7, Bergqvist SWE 1.80.

USA

Jul 9-18, Sacramento: American Championships & Olympic Trials (supplementary results):
100: 8, Scott 10.35 (3s2 10.01); Greene (1h3 10.07, 1q1 10.06, 1s1 10.05), Gatlin (1h2 10.10, 2q2 10.03, 2s2 9.96), Crawford (1h4 10.08, 1q3 10.00, 1s2 9.93); Capel (1q2 10.01), Williams (4s2 10.04); 200: dnf, Gay (1h2 20.07, 1q4 20.22, 3s2 20.17); Crawford (1h3 19.88/0.3, 1q2 20.09, 1s2 20.00), Gatlin (1h1 20.06, 2q3 20.09), Williams (2h3 20.26, 1q3 20.07, 1s1 20.15), Patton (2s2 20.17); Spearmon (2h1 20.25); 400: 2, O Harris 44.67; 3, Brew 44.69 (1s1 44.75); 8, Jerry Harris 45.06 (2h2 44.79); Willie (1h2 44.63, 2s1 44.89), Williamson (3s1 44.92), Wariner (1s2 44.81), Rock (2s2 44.97), C Harrison (3s2 44.98), J Young (3h2 44.93); 110H: 4, Bramlett 13.33 (3s1 13.28); 5, Crear 13.37 (3s2 13.31); 6, Hughes 13.42 (4s2 13.38); 7, Herring 13.46 (4s1 13.41); 8, Watkins 13.73 (1q2 13.33, 2s2 13.27); Trammell (1s2 13.14), Ross (3s1 13.25), Johnson (1q1 13.25, 1s1 13.17); 400H: 3, Brazell 48.03; 4, Jackson 48.05; Carter (1s1 48.46), Brazell (2s1 48.52), Jackson (1s2 48.28), Garrett (3s1 48.93); HJ: 3, Harris 2.27; LJ: qual: Phillips 8.37, Davis 8.25, Moffitt 8.08; TJ: 1, Lister 17.78/0.8; 4, Rusan 17.37; qual: Bell 17.47, Davis 17.36, Lister 17.08; SP: qual: Godina 21.55, Nelson 21.44, Cantwell 20.91; DT: 1, Rome 65.77; 2, Waltz 64.69; Dec: 4, McMullen 8285; Women - Colander (2s2 11.14), Edwards (1s1 11.00), L Williams (1h4 11.13, 2s1 11.14), Devers (4s1 11.18), M Jones (1s2 11.14), A Williams (3s1 11.16); 200: 4, L Moore 22.64 (1s3 22.63); 5, C Moore 22.65; 6, Boone 22.69, 7, Miller 22.70; 8, Durst 22.99 (2s1 22.66); Felix (2h2 22.67, 1s2 22.70), Lee (1h3 22.66), Edwards (1h2 22.60, 1s1 22.38); dns s2: M Jones (5h4 22.93); 400: 1, Hennagan 49.56 (1h4 50.31, 3s1 50.59); 2, Richards 49.89 jnr rec (1h2 50.22 jnr rec, 1s2 50.34); 3, Trotter 50.28 (1h1 50.52, 1s1 50.53); 4, Cox 50.52; 5, Henderson 50.75 (2s1 50.53); 800: Miles-Clark (1s2 2:00.33), H Clark (2s2 2:00.36), Bennett (3s2 2:00.37); 5000: 1, Culpepper 15:07.41; 3000SC: dq, Shook (9:31.98 but bypassed first water jump); 100H: 5, Adams 12.74 (3s2 12.77); 6, Perry 12.91 (3s1 12.84); 7, Denby 13.00 (2h1 12.86, 2s1 12.79); 8, Foster 13.04 (4s2 12.81); Devers (1h4 12.79, 2s2 12.70), Hayes (1h1 12.67, 1s1 12.50/-0.6), Morrison (1s2 12.67), s2: 5, McKelvy-Jones 12.87; 400H: Johnson (2s2 54.16), Taylor (2s1 54.83), Demus (1s1 53.70), Glover (1h3 54.52, 1s2 53.78); HJ: 2, Howard 1.95; PV: 2, Schwartz 4.55; 3, Suttle 4.55; 4, C Johnson 4.50; 5=, O'Hara, Steiner 4.45; LJ: 2, Upshaw 6.83; Hep: 1, S Burrell 6194; 2, Lott-Hogan 6159; 3, Perry 6126.

THIS review of world results is brought to you by Peter Matthews and Mel Watman, publishers of *Athletics International*, which contains much more detailed worldwide results.

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BELGIUM

MEMORIAL RASSCHAERT, Ninove, July 24
Women
1500: FREYA MURRAY 4:24.13

DENMARK

EUROPEAN VETERANS CHAMPIONSHIPS, Aarhus, July 22/30

STEVE WHYTE picked up Great Britain's only gold medal on the opening day of the championships with a useful effort of 18.52m with the 35lb (15.88kg) weight for a new national M40 record, *Martin Duff reports*.

The 40-year-old former Scottish champion, who won five golds in the recent British Masters Championships at Birmingham, added more than a metre to the previous best. Neil Griffin had to settle for silver in the M55 group with a longest effort of 16.78m, but came back on the Saturday to win the discus with his best throw of the season, 49.51m, taking gold with nearly a metre to spare.

On the track, Mike Boyle ran 31:45.42 in the M40 10,000 metres, but had to settle for fourth nearly a minute outside the medal positions, while Susan Ridley was similarly placed in the W35 group. Another unlucky fourth spot went to June Johnson in the W60 group, but it took the photo-finish nearly 24 hours to judge that she was just pipped by three hundredths of a second for a medal despite running 46:47.54.

Running with Johnson in a combined race was Pam Jones and the Ilford 68-year-old won bronze in the W65 group with 48:21.42.

In the decathlon, John Charlton came close to taking gold in the M55 division and led after the first day by 203 points. The lead was increased in the hurdles, but then Stefan Hallgrimson began to peg back the lead in the discus and headed Charlton in the three remaining events to win by more than 200 points.

The heptathlon saw a change in the British fortunes. Wendy Laing and Charmaine Johnson dominated the W40 event and it was 41-year-old Laing who led from the start to eventually finish with 5544 points to Johnson's 5352. Both topped 1000 points in the 80m hurdles, with Laing's 12.14 being her best event, yielding 1081.

There was a similar battle in the W35 group, with Geraldine Finegan and Catherine Goddard in first and second after the opening day. Goddard then produced a 4.98m long jump to take the lead but a final 800m of 2:25.70 by Finegan secured the gold, with 4378 points, as Danielle Denisty of Belgium nipped in for silver. Jenny Brown was not so lucky in the W45 group. Despite 1106 points from a 1.66m high jump for new British W45 record, the Ashford athlete had to be content with silver from 5665 points, nearly 500 points down on Christine Muller.

In the 100m sprint finals at the end of a long day on Saturday, medals were initially hard to come by for a British squad who were hoping for better things. Esther Linaker was involved in a blanket finish to the W60 100m, just losing out but claiming third place with 14.66, before W55s Maureen Lewington and Val Parsons collected minor medals.

Favourite Averil McClelland broke down in her W45 heat but, as so often in the past, it was Steve Peters who came to the rescue by leading a clean sweep in the M50 class in 11.54. Eternal rivals Viv Oliver and Wally Franklyn completed the job. David Elderfield and Eric Smart added silver and bronze in the M45 100m, before new veterans Tony Noel and Dalton Powell dominated the M40 event. Forty-year-old Noel won in 11.06, one of the fastest British M40 times for some years.

The final event was for the new age group men at 35 and Rohan Samuel and Will McGee added minor medals but, the two gold medals apart, it was a disappointing series of finals for the Brits.
(a) = July 22; (b)= 23; (c) = 24
M35
100 (c) (0.1): 1 C Trajkovski (DEN) 11.20; 2 ROHAN SAMUEL 11.25; 3 WILL MCGEE 11.27. **10,000 (a):** 1 F Bjerre (DEN) 30:30:10; 2 IAN JOHNSTON 32:49:13; 3 S Oprina (ROM) 33:12.50. **DT (C):** 1 M Ostergaard (DEN) 49.86; 2 M Medic (SLO) 46.80; 3 R Piotrowski (POL) 45.18. **Weight (a) (15.88kg):** R Jossa (GER) 21.19. **Dec (a/b):** T Dauth (GER) 7013 (11.71, 6.29, 15.32, 1.88, 54.02, 15.85, 42.55, 3.90, 54.60, 5:21.06)
M40
100 (c) (-0.9): 1 TONY NOEL 11.06; 2 DALTON POWELL 11.39 (ht: 11.37); 3 G Cloehen (SUI) 11.54; 4 WARREN FRASER 11.76 (ht: 11.72) ... JOHN CROWLEY dnf (ht: 11.84). In hts: DAVID KEMP 11.90. **10,000 (a):** 1 J Peannilla (ESP) 30:11.82; 2 M Pingpank (GER) 30:42:28; 3 P Troldborg (DEN) 30:49:50; 4 MIKE BOYLE 31:45:42 ... 15 DAVE COOPER 35:15:28. **DT (c):** 1 M Szpak (POL) 50.50; 2 A Fedyashcin (RUS) 47.26; 3 STEVE WHYTE 46.83 ... 13 DAVID BURRELL 33.13.. **Weight (a) (15.88kg):** 1 WHYTE 18.52; 2 S Frey (GER) 15.32 ... 5 BURRELL 13.29.**Dec (a/b):** J Meyer (GER) 6611 (12.01, 6.14, 10.66, 1.84, 55.06, 15.99, 31.65, 3.80, 34.83, 5:22.14
M45
100 (c) (-0.6): 1 B Dupuy (FRA) 11.44; 2 DAVID ELDERFIELD 11.81 (ht: 11.69); 3 ERIC SMART 12.03 (ht: 11.72). In ht: ROBERT CAWSON 12.43. **10,000 (a):** 1 J Hopfner (GER) 31:21.85; 2 G Costa (ITA) 33:12:57; 3 O Habicher (ITA) 33:27:72 ... 16 DICKIE WYTHE 36:46.07. **DT (c):** 1 R Blumbergs (LAT) 46.98; 2 S Ephimenco (FRA) 45.22; 3 R Ohman (SWE) 43.52. **Weight (a) (15.88kg):** K Hoff (NOR) 14.18. **Dec (a/b):** M Knipper (GER) 6460 (12.64, 5.51, 10.87, 1.71, 57.98, 18.17, 29.31, 3.30, 42.29, 5:30.07
M50
100 (c) (-1.1): 1 STEVE PETERS 11.54; 2 VIV OLIVER 11.96; 3 WALLY FRANKLYN 12.00; JOHN BROWNE dnf (ht: 12.00). **10,000 (a):** 1 B Barewski (POL) 35:26:66; 2 G Gedig (GER) 37:49:27; 3 K Medbom (SWE) 38:08.96. **DT (c):** 1 G Valent (CZE) 54.84; 2 K Adamski (NOR) 49.26; 3 J Kazimierz (POL) 49.26. **Weight (a) (11.34kg):** V Maganas (GRE) 22.52. **Dec (a/b):** K Neuendorf (GER) 7214 (13.17, 5.56, 11.52, 1.69, 59.90, 15.75, 5:17.84) ... 11 PAUL OAKES 5173 (13.32, 4.78, 9.88, 1.57, 67.39, 20.42, 32.24, 3.00, 46.74, dnf)
M55
100 (c) (-1.0): 1 V Vibostok (SLO) 12.25; 2 A Basurco (ESP) 12.51; 3 G Hartung (GER) 12.80. In hts: TONY WELLS 13.15; MICHAEL CLERIHEW 13.35; BRUCE HENDRIE 13.41.
10,000 (a) (a): 1 W Schmidt (Ger) 34:32. 65; 2 A Gavrilov (RUS) 35:07.95; 3 J Thomas (FRA) 35:51:19.
DT (c): 1 NEIL GRIFFIN 49.51; 2 T Laska (POL) 48.71; 3 N Hilpert (GER) 45.02 ... 17 MICHAEL HAZLEWOOD 34.26. **Weight (a) (11.34kg):** 1 A Busterud (NOR) 21.29; 2 GRIFFIN 16.78 ... 7 HAZLEWOOD 13.27. **Dec (a/b):** 1 S Hallgrimson (ISL) 7456 (13.83, 4.77, 12.31, 1.52, 60.59, 17.29, 38.21, 3.30, 43.64, 5:24.99); 2 JOHN CHARLTON 7194 (12.96, 5.49, 9.65, 1.40, 59.07, 16.09, 30.13, 2.90, 39.89, 5:40.74)
M60
100 (c) (-1.0): 1 V Peitzmeier (GER) 12.58; 2 J Manninen (FIN) 12.72; 3 B Tepsio (CRO) 12.75. In hts: JOHN STEEDE 13.38; MIKE GARVEY 13.77.
10,000 (a): 1 V Sachkov (RUS) 38:39:32; 2 F Fernandez (POR) 39:12.85; 3 WILLIAM JOHNSON 41:38.93 ... 6 GEORGE LAWSON 43:49:19. **DT (c):** 1 K Liedtke (GER) 60.23; 2 H Harre (AUT) 53.39; 3 H Hytten (NOR) 50.42 ... 16 GODFREY LEAKE 40.82. **Weight (a) (9.08kg):** K Fisker (DEN) 21.28 ... 6 CHRIS MELLUISH 17.10 ... 10 LEAKE 14.18.
Dec (a/b): R Geese (GER) 8382 (13.30, 5.24, 12.02, 1.54, 61.12, 15.61, 35.08, 3.50, 39.32, 5:36.77) ... 12 BRIAN HARLICK 4114 (16.66, 3.25,

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8.65, 1.24, 86.09, 22.55, 27.32, 2.70, 28.65, 7:11.67)
M65
100 (c) (0.2): 1 G Muller (GER) 12.69; 2 T Tamaro (ITA) 12.85; 3 H Beckering (GER) 13.40 ... 7 TONY BOWMAN 13.69 (ht: 13.44). In hts: DAVID BURTON 13.91. **10,000 (a):** 1 B Lauridsen (DEN) 39:40.27; 2 N Andersson SWE) 39:48.93; 3 K Scheiber (SUI) 40:03.27. **DT (c):** 1 J Hansen (GER) 47.53; 2 P Speckens (GER) 46.75; 3 W Hack (GER) 46.15. **Weight (a) (9.08kg):** G Brukhouse (GER) 16.88. **Dec (a/b):** R Dahms (GER) 7666 (13.66, 4.87, 11.53, 1.36, 71.82, 18.83, 39.36, 2.90, 39.71, 7:20.53
M70
100 (c) (1.7): 1 B Kimell (GER) 13.14; 2 W Reuter (GER) 15.54; 3 R Bockl (GER) 13.69 ... 5 ALAN MELLETT 13.88. In ht: GEORGE CHEETHAM 14.95; GORDON DABORN 14.99. **10,000 (a):** 1 F Vicenti (POR) 40:27.53; 2 G Sitskiy (RUS) 41:17.69; 3 I Burkov (RUS) 41:33.20, ... 10 DEREK HOWARTH 44:55.83 ... 16 RICHARD PITCAIRN-KNOWLES 49:30.02; 17 ROBERT DAVIDSON 52:32.10. **DT (c):** 1 L Janssen (GER) 40.96; 2 T Rui (NOR) 40.38; 3 H Brandt (GER) 39.68 ... 18 JAROSLAV HANUS 25.58. **Weight (a) (7.26kg):** 1 R Rhezhack (GER) 19.12 ... 12 HANUS 11.68. **Dec (a/b):** H Kandeydi (TUR) 6378 (16.16, 4.08, 10.54, 1.33, 91.00, 15.08, 33.01, 2.60, 28.79; 8:29.89) ... 7 CLIFF TAYLOR 4700 (16.40, 3.14, 10.27, 1.15, 84.50, 19.67, 22.59, 1.60, 23.13, 7:19.57)
M75
100 (c) (1.1): 1 X Bofil (ESP) 14.23; 2 ALLAN MEDDINGS 14.30; 3 W Selzer (GER) 14.82
10,000 (a): 1 M de la Cruz (ESP) 50:27.11; 2 JAMES CADDY 54:25.79; 3 RON FRANKLIN 57:01.22. **DT (c):** 1 T Kivi (FIN) 36.73; 2 L Filip (TCE) 36.29; 3 M Kamila (FIN) 34.83.
Weight (a) (7.26kg): L Sarrinen (FIN) 14.68. **Dec (a/b):** 1 E Seib (GER) 6275 (15.83, 3.47, 10.18, 1.07, 81.49, 20.09, 29.58, 1.20, 31.62, 7:28.26)
M80
100 (c) (-1.7): 1 R Breder (GER) 15.38; 2 B Sobrero (IA) 15.86; 3 K Schumaker (GER) 16.00. **10,000 (a):** M Buchwold (GER) 52:25.15. **DT (c):** K Jouppila (FIN) 34.82. **Weight (a) (5.45kg):** E Eriksen (FIN) 16:27. **Dec (a/b):** H Albrecht (GER) 4867 (15.90, 3.14, 6.36, 0.89, 1:44.89, 18.25, 16.87, 1.10, 13.55, 9:57.77)
M85
100 (c) (1.5): U Sansonetti (ITA) 15.38. **DT (c)/Weight (a) (5.45kg):** E Svennevik (NOR) 24.38/13.56
M90
100 (c) (-1.5): T Brandvold (NOR) 19.51. **DT (c)/Weight (a) (5.45kg):** T Brandvold (NOR) 19.18/10.59
W35
100 (c) (-1.1): 1 A Smit (HOL) 12.60; 2 S Noack (GER) 12.80; 3 L Raabe (GER) 13.05. In hts: ABIOLA ONATADE 14.20. **10,000 (a):** 1 L Vienne (SUI) 36:16.26; 2 S Castro (ESP) 16:43.45; 3 L Paggliacci (ITA) 36:53.90; 4 SUSAN RIDLEY 37:12.55. **SP (c):** 1 J Muller-Scmidt (GER) 13.31; 2 I Roche (FRA) 13.07; 3 J Horvath (HUN) 12.48. **Weight (a) (9.08kg):** C Chirol (FRA) 16.37. **Hept (a/b):** 1 GERALDINE FINEGAN 4378 (16.53, 1.46, 10.18, 27.25, 4.64, 32.74, 2:25.70); 2 D Density (BEL) 4213 (16.91, 1.52, 8.04, 27.25, 4.64, 32.74, 2:35.05); 3 CATHERINE GODDARD 4101 (16.75, 1.49, 10.04, 28.19, 4.92, 25.98, 2:39.22)
W40
100: 1 U Goerling (GER) 12.89; 2 M Machill (GER) 12.99; 3 K Schroder (GER) 13.10 ... 6 KIRSTEN KING 13.24 (ht: 13.12). In hts: CLARE ACFORD 13.38; ANGELA BEADNALL 13.52; ANGELA FUDGE 13.55; LESLEY HOPKINS 14.23. **10,000 (a):** 1 I Surbek (SLO) 35:18.28; 2 A Slej (DEN) 36:26.27; 3 I Luse (LAT) 36:39.27 ... 6 LYNNE MARR 42:41.46. **SP (c):** 1 C Wartlik (GER) 13.30; 2 V Morkuniene (LIT) 13.30; 3 E Hurmuth (AUT) 12.41 ... 12 CHARMAINE JOHNSON 12.35 ... 11 ALISON GEORGE 9.30. **Weight (a) (9.08kg):** 1 M Duss (SUI) 15.71 ... 4 CLARE CAMERON 10.41; 5 Brenda Russell 10.61. **Hept (a/b):** 1 WENDY LAING 5544 (12.14, 1.66, 10.25, 27.25, 5.04, 31.74, 2:34.31); 2 JOHNSON 5352 (12.34, 1.54, 11.88, 28.04, 5.01, 33.26, 2:41.17); 3 A Straschewski (GER) 4956 (13.01, 1.51, 11.78, 29.81, 4.77, 32.24, 2:42.37)
W45
100: 1 B Goricke (GER) 13.17; 2 S Ooste (HOL) 13.40; 3 L Vives (ESP) 13.42. **10,000 (a):** 1 G Karlshoj DEN) 34:48.56; 2 A Trave (NOR) 38:20.05; 3 R Deitz (GER) 38:36.09. **SP (c):** 1 T Schenkels (HOL) 11.47; 2 A Reinhold (GER) 11.20; 3 CLARE CAMERON 10.64. **Weight (a) (9.08kg):** C Hodel (SUI) 15.92. **Hept (a/b):** 1 C Muller (SUI) 6143 (11.51, 1.54, 8.67, 26.17, 5:27, 26.17, 2:33.74); 2 JENNY BROWN 5665 (13.54, 1.63, 9.33, 29.02, 4.69, 30.42, 2:35.11); 3 W Baseda (GER) 4918 (14.04, 1.48, 9.12, 31.17, 4.43, 31.54, 2:53.56) ... GILLIAN DOBSON 4217 (15.43, 1.33, 8.60, 31.94, 3.93, 28.92, 2:52.88)
W50
100 (c) (-1.3): 1 D Furmann (GER) 13.43; 2 JOYLYN SAUNDERS-MULLINS 13.66; 3 I Dec (a/b)h (GER) 13.75; 4 HELEN GODSELL 13.80 (ht: 13.49). **10,000 (a):** 1 E Knobeloch (GER) 40:13.56; 2 I Plum (DEN) 40:32.35; 3 I Zuzurregui (ESP) 40:47.74. **LJ (c):** 1 L Dech (GER) 5.05; 2 A Wloddarczyk (POL) 4.96; 3 J Kortbeek (HOL) 4.75. **SP (c):** 1 S Melnikova (RUS) 12.46; 2 A Jensen (DEN) 11.95; 3 A Rumpler (GER) 11.58 ... 6 VILMA THOMPSON 10.40. **Weight (a) (7.26kg):** 1 L Sorensen (DEN) 13.52 ... 5 THOMPSON 10.72. **Hept (a/b):** S Schwartz (GER) 5356 (14.61, 1.42, 9.82, 30.95, 4.10, 28.61, 2:37.76)
W55
100 (c) (0.07): 1 I Meier (GER) 13.44; 2 MAUREEN LEWINGTON 13.96; 3 VAL PARSONS 14.24 (ht: 14.12) ... 7 YVONNE PRIESTMAN 14.70 (ht: 14.65). **10,000 (a):** 1 L Soranzo (ITA) 40:42.37; 2 G Vogl (GER) 41:13.82; 3 M de Bode (HOL) 41:20.06 ... 10 PAULINE RICH 45:45.39. **LJ (c):** 1 I Meier (GER) 4.89; 2 H Brockhaus (GER) 4.33; 3 M Stettler (SUI) 4.25. **SP (c):** 1 E Anderes (SUI) 13.09; 2 B Kersuliene (LIT) 12.32; 3 J Putiniene (LIT) 12.48. **Weight (a) (7.26kg):** I Faldager (DEN) 14.94. **Hept (a/b):** M Stettler (SUI) 5498 (14.85, 1.24, 9.95, 31.15, 4.23, 24.91, 3:04.16)
W60
100 (c) (-2.1): 1 B Hoffmann (GER) 14.58; 2 M Mailer (AUT) 14.62; 3 ESTHER LINNAKER 14.66 (ht 14.65) ... 6 IRIS HOLDER 15.90 (ht: 15.67). In hts: MOLLY MILLS 17.23; MARGARET COOMBE 17.84. **10,000 (a):** 1 M Flores (POR) 44:29.55; 2 H Bensch (GER) 44:53.18; 3 U Just (GER) 46:47.51; 4 JUNE JOHNSON 46:47.54; 5 BETTY STRACEY 49:37.82. **LJ (c):** 1 2 Graf (BEL) 4.40; 2 M Mailer (AUT) 4.33; 3 A Eriksen (GER) 4.26; 4 IRIS Holder 3.86. **SP (c):** 1 T Danilova (RUS) 11.66; 2 K Illgen (GER) 11.56; 3 M Jacobsone (LAT) 10.50. **Weight (a) (5.45kg):** H Eriksen (EST) 15.66
W65
100 (c) (-1.4): 1 E Hoffmnann (GER) 15.11; 2 C Schmalbruch (GER) 15.30; 3 R Kimmell (GER) 15.75 ... 7 DOROTHY FRASER 16.89. **10,000 (a):** 1 I Heyn (GER) 45:57.91; 2 B Eklund (SWE) 46:48.76; 3 PAM JONES 48:21.42. **LJ (c):** 1 C Schmalbruch (GER) 4.20; 2 E Hofmann (GER) 4.07; 3 E Heimann (GER) 4.54. **SP (c):** 1 A Ruhlow (GER) 10.08; 2 A Vilcinskienne ((LIT) 10.00; 3 K Kangasmaki (FIN) 9.07. **Weight (a) (5.45kg):** 1 B Schmid (GER) 12.97 ... 4 CAROLE DERRIEN 10.45. **Hept (a/b):** I Schott (GER) 6314 (15.48, 1.15, 7.95, 33.21, 3.65, 22.82, 3:11.55)
W70
100 (c) (0.2): 1 A Nieland (NOR) 16.65; 2 A Larsen (SWE) 16.85; 3 E Mazenga (ITA) 17.44; 4 BETTY STEEDMAN 18.28 (ht: 18.04). In ht BRENDA GREEN 20.22. **10,000 (a):** 1 M Nagel (GER) 52:06.87; 2 M Borovkova (RUS) 54:25.26; 3 D Dalgaard (DEN) 54:32.29. **LJ (c):** 1 A Larsson (SWE) 3.37; 2 R Stancheva (BUL) 3.15; 3 C Happ (GER) 2.90. **SP (c):** 1 J Schaeffer (GER) 9.62; 2 S Wissinger (GER) 9.21; 3 E Dwenger (GER) 8.61 ... 8 MARIE GRANT-STEVENS 6.61. **Weight (a) (5.45kg):** J Schafer (GER) 14.30
W75
100 (c)/LJ (c): I Lorenz (GER) 19.07/2.82. **SP (c):** 1 R Hanssens (GER) 7.82; 2 M Neubert (GER) 7.51; 3 H Bakhof (EST) 7.15. **Weight (a) (5.45kg):** Neubert 10.87
W80
100 (c) (0.9): 1 M Struven (GER) 23.86; 2 MARY WIXEY 24.26. **LJ (c):** 1 Struven 2.34; 2 K Jortikka (FIN) 1.92; 3 WIXEY 1.85. **SP (c):** N Kutti (EST) 6.58. **Weight (a) (5.45kg):** Jortikka 8.55

FINLAND

KARELIA GAMES, Lappeenranta, July 25

Men
1500: 1 W Rotich (KEN) 3:38.63; 2 JOHN MAYOCK 3:39.11; 3 N McCormick (Morp) 3:39.50
Women
JT: 1 M Ingberg (FIN) 62.53; 4 GOLDIE SAYERS 55.63

SPAIN

SPANISH CHAMPIONSHIPS, July 23

10,000: 10 SUSAN PARTRIDGE 35:24.84

Track

July 25

U13 UNTER-COUNTY MATCH
Kingston

KIERAN SHOWLER-DAVIS beat the previous UK best U13 long jump with a 5.71m leap.
U13 boys
MATCH: 1 Surrey 316.5; 2 Buckinghamshire 292.5; 3 Essex 290; 4 Kent 279.5; 5 Hampshire 277.5; 6 Middlesex 264; 7 Sussex 262; 8 Dorset 245; 9 Somerset 242; 10 Hertfordshire 207.5; 11 Oxfordshire 200.5; 12 Berkshire 193
100: 1 H Jones (Bucks) 12.57; 2 K Showler-Davis (Hants) 12.89; 3 E Oboh (Berks) 13.22. **r2:** 1 E Obiote (Sy) 12.6; 2 E Cox (Kent) 12.9; 3 M Fisher (Mx) 13.5; 4 G O'Shea (Sx) 13.5. **B (4.4):** D Lo (Ex) 13.18. **200**: 1 H Jones (Bucks) 25.94; 2 J Burns (Ex) 26.49; 3 E Oboh (Berks) 26.97; 4 H Owen (Oxon) 27.29. **r2 (-1.6):** 1 Obiote 25.14; 2 Cox 25.47; 3 C Raisbeck (Dor) 26.64; 4 J Clarence-Smith (Mx) 26.82; 5 J Tennyson (Herts) 27.58. **B (-1.2):** A Smith (Bucks) 26.53. **r2 (-2.2)** 1 J Haywood (Ex) 27.61; 2 J Alexander (Sy) 27.80. **800:** 1 S Cavey (Kent) 2:14.5h; 2 T Marsden (Sx) 2:18.33; 3 C Carter (Mx) 2:19.11; 4 J Eagleton (Ex) 2:20.11; 5 A Clement (Hants) 2:20.21; 6 C Mugan (Dor) 2:20.71; 7 N Lingley (Bucks) 2:24.22; 8 P Manning (Oxon) 2:27.73. **B**: 1 S Shepherd (Hants) 2:21.13; 2 H King (Ex) 2:24.77; 3 S Osathe (Bucks) 2:26.85. **1500**: 1 N Young (Som) 4:34.49; 2 T Moore (Dor) 4:38.22; 3 O Aitchison (Sy) 4:40.68; 4 S Winters (Bucks) 4:49.95; 5 F McNally (Sx) 4:50.37; 6 M Raynor (Berks) 4:52.36; 7 R Bolashodun (Mx) 4:54.06; 8 N Fleming (Herts) 4:55.22; 9 J Cotterill (Kent) 4:57.43; 10 A Jones (Oxon) 4:58.81; 11 A Cornell (Ex) 4:59.34. **B**: 1 C Lambert (Bucks) 4:48.74; 2 J Hay (Sy) 4:50.51; 3 G Brown (Herts) 4:57.70; 4 J Harding (Kent) 4:58.34. **80H**: 1 J Farman (Hants) 13.72; 2 G Yeoman (Kent) 14.23; 3 R Whittaker (Mx) 14.42; 4 I Husbands (Berks) 14.72. **r2:** 1 C Raisbeck (Dor) 12.98; 2 K Irving (Sy) 12.98; 3 J Tennyson (Herts) 13.34; 4 S Bennett (Sx) 14.16; 5 O Suddington (Som) 14.76. **B**: 1 J Adams (Ex) 13.12; 2 W Nott (Mx) 14.51. **r2: (-1.5):** 1 A Medcraft (Bucks) 13.95; 2 E Chudleigh (Hants) 14.07; 3 R Fromant (Sy) 14.30. **HJ**: 1 S Bailey (Ex) 1.50; 2eq G O'Shea (Sx)/ R Jeffs (Hants) 1.45; 4 G Yeomans (Kent) 1.45; 5eq A Mackenzie (Herts)/ M Willmott (Mx) 1.45; 7 R Smeaton (Sy) 1.40; 8 E Weedon (Berks) 1.40. **LJ**: 1 K Showler-Davis (Hants) 5.71 (5.54, 5.71, 5.62); 2 L King (Ex) 5.33; 3 C Hobson (Herts) 4.94; 4 R Whittaker (Mx) 4.87; 5 G Yeomans (Kent) 4.85; 6 K Dudden (Som) 4.75; 7 B McDaniel (Sy) 4.68; 8 A Smith (Bucks) 4.62; 9 S Le-Good (Oxon) 4.56; 10 P Green (Dorset) 4.54; 11 T Angus (Berks) 4.46. **B**: 1 M Fisher (Mx) 5.37; 2 N Rideout (Som) 4.98; 3 A Almond (Ex) 4.97; 4 K Irving (Sy) 4.97; 5 J Everts (Kent) 4.85; 6 A Perrett (Dor) 4.70; 7 P Gregory (Sx) 4.64; 8 D D'Souza (Berks) 4.63; 9 A Medcraft (Bucks) 4.63; 10 J Cutis (Oxon) 4.61; 11 C Bressington (Hants) 4.51; 12 C Daish (Herts) 4.47. **SP**: 1 M Wheeler (Sy) 12.90; 2 A Othodi (Ex) 11.51' 3 O King (Kent) 11.02; 4 H Jones (Bucks) 9.70; 5 W Andrew-Forrester (Mx) 9.05; 6 J Toland (Som) 9.01; 7 J Price (Dor) 8.73. **B:** 1 S McCarthy (Ex) 9.77; 2 K Irving (Sy) 9.10; 3 R Shuttleworth (Hants) 8.94; 4 S Gripper (Som) 8.93; 5 J Todman (Kent) 8.53; 6 S Taylor (Bucks) 7.39; 7 N Pasmore (Sx) 6.97; 8 O Tribe (Dor) 6.25. **DT**: 1 Z Duquemin (Hants) 30.89; 2 J Harrison (Kent) 30.15; 3 I Husbands (Berks) 25.42; 4 D Jones (Sx) 25.35; 5 M Wheeler (Sy) 24.60; 6 J Price (Dor) 22.29; 7 J Clarence-Smith (Mx) 21.56. **B**: 1 A Oshodi (Ex) 30.12; 2 T Marsden (Sx) 23.94; 3 J Todman (Kent) 23.56. **JT**: 1 J Fairclough (Sy) 36.13; 2 C Mitchell (Hants) 35.34; 3 S Gripper (Som) 34.11; 4 J Harris (Ex) 33.05; 5 S Taylor (Bucks) 31.29; 6 R Edawrds (Oxon) 30.12; 7 T Westlake (Sx) 30.07. **B**: 1 J Brehaut (Hants) 39.52; 2 W Trimble (Sy) 31.58. **4x100**: 1 Essex 51.67; 2 Hampshire 52.62; 3 Middlesex 54.61; 4 Berkshire 54.80; 5 Dorset 55.19; 6 Hertfordshire 55.79. **r2:** 1 Buckinghamshire 51.36; 2 Somerset 53.50; 3 Surrey 53.77; 4 Sussex 54.40
U13 girls
MATCH: 1 Berkshire 293; 2 Surrey 291.5; 3 Kent 288.5; 4 Middlesex 281; 5 Sussex 274.5; 6 Hampshire 273.5; 7 Oxfordshire 261.5; 8 Buckinghamshire 257; 9 Essex 241.5; 10 Hertfordshire 223.5; 11 Somerset 214.5; 12 Dorset 199
100 (-3.0): 1 K Eleyae (Ex) 13.16; 2 R Imich (Sx) 13.90. **r2 (-3.0):** T Hopeson (Sy) 13.43. **B (-3.5):** 1 E Rafferty (Berks) 13.84. **r2 (-2.0):** 1 A Nutman (Ex) 13.73; 2 J Danquah (Sy) 13.78; 3 A Martin-Turner (Sx) 13.91.
200: 1 S Ward (Berks) 28.10; 2 M Nwawnlor (Mx) 28.32; 3 Nutman 28.38; 4 A Parsons (Oxon) 29.02; 5 C Desmond (Dor) 29.48. **r2 (-0.9):** 1 Hopeson 26.94; 2 Imich 28.52; 3 H Tolhurst (Kent) 28.69; 4 A Dingle (Hants) 28.71; 5 E Morley (Som) 29.29; 6 A Corner (Herts) 29.65. **B (-2.7):** K Robinson (Kent) 28.56. **r2 (-0.7):** 1 Danquah 28.65; 2 P Conlan (Sx) 29.19. **800**: 1 B Swords (Oxon) 2:26.28; 2 A Fowlie (Sx) 2:27.68; 3 A Heap (Bucks) 2:31.82; 4 G Nicholls (Kent) 2:33.34; 5 C Galloway (Ex) 2:35.88; 6 C Stock (Mx) 2:37.48; 7 B Percy (Hants) 2:37.80; 8 J Bowers (Som) 2:39.84. **B**: 1 E Grant (Oxon) 2:30.51; 2 R McClay (Berks) 2:32.21; 3 N Ferris (Hants) 2:33.83; 4 L Nyman (Mx) 2:34.59; 5 J Livesay (Bucks) 2:38.49. **1500**: 1 K Trewhella (Berks) 4:51.16; 2 M Hawtil (Oxon) 4:57.62; 3 M Gunn (Sy) 4:58.40; 4 A de Matos (Kent) 5:00.87; 5 K Deal (Herts) 5:10.68; 6 L Millett (Bucks) 5:17.60; 7 G Phillips (Ex) 5:24.61; 8 L Keep (Sx) 5:25.56. **B**: 1 G Twist (Kent) 5:10.41; 2 E Eastland (Sy) 5:12.13; 3 N Dahbi (Ex) 5:26.04; 4 J Anderson (Oxon) 5:27.54; 5 G Hardy (Mx) 5:29.96. **70H (-3.3):** 1 C Taite (Mx) 11.69; 2 L Wesley (Som) 11.75; 3 C Hall-Jones (Bucks) 12.00; 4 L Jones (Sy) 12.41; 5 M Southwart (Kent) 12.41; 6 C Loader (Sx) 12.60. **r2:** 1 D Vidgen (Herts) 11.63; 2 D Ryan (Dor) 11.95; 3 A Dingue (Hants) 12.07; 4 K Warland (Oxon) 12.07; 5 J Robinson (Berks) 12.17. **B (3.0):** 1 N Davies (Ex) 11.98; 2 A Vaughan-Fowler (Oxon) 12.58; 3 V Dickson (Herts) 12.79. **r2:** 1 J Shuttleworth (Hants) 12.50; 2 S Marner (Kent) 12.58; 3 F Hawkins (Bucks) 12.73; 4 M Nwawulor (Mx) 12.74; 5 F Williams (Berks) 12.79. **HJ**: 1 J Oliver (Dor) 1.43; 2 N Beale (Berks) 1.43; 3 M McPherson (Mx) 1.43; 4 L Forth (Bucks) 1.35; 5 J Matthews (Kent)

BRITISH EUROSPORT Athletics coverage 24-hour Olympic coverage in August

1.35; 6eq P Wilson (Sx)/ H Speed (Sy) 1.35. **LJ**: 1 C Taite (Mx) 5.06; 2 W Eleyae (Ex) 4.88; 3 A Dingle (Hants) 4.69; 4 K Sheehan (Sy) 4.61; 5 E Morley (Som) 4.56; 6 H Tolhurst (Kent) 4.49; 7 A Vaughan (Oxon) 4.46; 8 F Williams (Berks) 4.31; 9 C O'Leary (Sx) 4.30; 10 A Corner (Herts) 4.30. **B:** 1 M Nwawulor (Mx) 4.62; 2 T Wilson (Sy) 4.51; 3 S Ward (Berks) 4.45; 4 F Hawkins (Bucks) 4.39; 5 S Dutton (Oxon) 4.34; 6 J Bunter (Hants) 4.22. **SP**: 1 J Shuttleworth (Hants) 9.20; 2 I Jeffs (Som) 8.86; 3 F Hawkins (Bucks) 8.72; 4 H Broadbridge (Berks) 8.68; 5 H Coombs (Sx) 8.32; 6 K Jones (Kent) 8.09; 7 T Wilson (Sy) 7.98. **B**: 1 B Henry (Berks) 8.53; 2 C Stock (Mx) 8.53; 3 H Ashmore (Hants) 8.39; 4 S Breen (Sy) 8.27. **DT**: 1 H Broadbridge (Berks) 29.22; 2 H Coombs (Sx) 23.98; 3 C Jones (Kent) 21.07; 4 F Broderick (Som) 20.46. **B**: J Willsher (Sy) 21.02. **JT**: 1 J Challen (Sx) 27.95; 2 S Waller (Dor) 26.32; 3 F Paterson (Berks) 24.85; 4 D Anderson (Oxon) 22.67; 5 R Collins (Mx) 20.57; 6 F Broderick (Som) 20.54. **B**: 1 H Broadbridge (Berks) 25.90; 2 C Waller (Dor) 23.90; 3 S Leigh (Sx) 23.29; 4 I Jeffs (Som) 23.11. **4x100**: 1 Kent 53.84; 2 Surrey 54.26; 3 Hampshire 54.55; 4 Essex 54.61; 5 Buckinghamshire 55.81; 6 Somerset 56.51. **r2:** 1 Middlesex 55.22; 2 Sussex 55.50; 3 Berkshire 55.61; 4 Hertfordshire 56.44

NATIONAL JUNIOR LEAGUE

Southern Premier Haringey

ADAM SCARR produced the best high jump by a British junior this year with a league record equalling 2.16m. The Enfield & Haringey athlete added five centimetres to his personal best as he went one centimetre further than the best achieved by Nick Stanisavljevic, who represented Britain in the world junior championships earlier this month.

Meanwhile, other world junior representatives were back in domestic action.

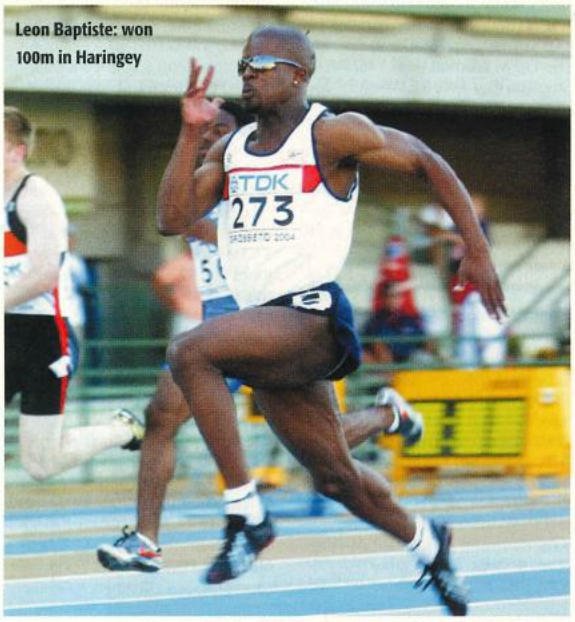
Lucy Sargent, who reached the semi-final of the 100m in those championships, produced a blistering 200m, stoppping the clock in an albeit wind assisted 23.6. The time would have earned the 15-year-old a league record if a wind guage used.

European junior champion Leon Baptiste, diappointed not to make the final in Grosseto, won the 100m in 10.5.

U20 men

MATCH: 1 Enfield & Haringey 288; 2 Shaftesbury Barnet 281; 3 Harrow 266; 4 Bournemouth 235; 4 Blackheath & Bromley 228; 5 City of Norwich 208; 6 Windsor, Slough, Eton & Hounslow 206; 8 Medway & Maidstone 173

100 (2.0): 1 L Baptiste (E&H) 10.5; 2 R Pierre (WSEH) 10.7; 3 C Flemming (Harrow) 10.8; 4 T Balogun (B&B) 10.8; 5 M Okoigun (SB) 11.2; 6 J Digby (Norw) 11.2; 7 S Small (B'mth) 11.3; 8 B Schofield (M&M) 11.5. **B (3.8):** 1 L Fagan (E&H) 10.7; 2 A Animashaun (Harrow) 10.9; 3 D Bovell (B&B) 10.9; 4 C Bailey (SB) 11.0; 5 C Johnson (M&M) 11.2. **200 (2.2):** 1 Flemming 21.6; 2 Pierre 21.8; 3 M Walker (E&H) 21.8; 4 Balogun 22.3; 5 J Alert-Khan (SB) 22.6; 6 S Parker (Norw) 22.8. **B (2.3):** 1 E Winn (E&H) 22.2; 2 C Johnson (WSEH) 22.4; 3 Animashaun 22.6; 4 S Blackwell (B&B) 22.9; 5 Schofield 23.4; 5 Digby 23.5. **400:** 1 J Nicol (E&H) 49.8; 2 C Stewart (Harrow) 50.3; 3 M Richardson (B&B) 50.7; 4 B Hamblin (Norw) 51.0; 5 J Warsop (B'mth) 51.6; 6 S Johnson (WSEH) 51.9. **B:** 1 Baptiste 50.9; 2 C Richardson (WSEH) 51.3. **800:** 1 D St Clair (E&H) 1:55.6; 2 P Lipman (SB) 1:56.1; 3 C Bravington (B'mth) 1:59.0; 4 C Goose (Norw) 1:59.7; 5 P Collins (M&M) 2:02.0. **B:** 1 K Welch (B'mth) 1:59.2; 2 L Wallinger (SB) 2:00.4. **1500:** 1 D Russell (SB) 4:11.0; 2 T Haughian (WSEH) 4:11.9. **3000:** 1 T Waldron (SB) 9:07.5; 2 C Hopkins (Norw) 9:10.9; 3 R Metaggert (B'mth) 9:14.6. **B:** T Beedell (SB) 9:14.5. **110H (2.4):** 1 E Harrison (M&M) 14.7; 2 C McKay (WSEH) 14.9; 3 A Rowberry (B'mth) 15.2; 4 P Nicholls (Harrow) 16.0. **B (0.5):** 1 R Reeks (B'mth) 16.0. **400H:** 1 C Stewart (Harrow) 57.3; 2 S Rowan (SB) 57.3; 3 A Worley (B&B) 58.2. **B:** 1 Russell 57.0; 2 D Goodall (Norw) 60.0. **HJ:** 1 A Scarr (E&H) 2.16 (eq league rec); 2 O Sweeney (SB) 1.95; 2 T Nicholls (Harrow) 1.90; 3 D Cole (WSEH) 1.90; 4 R Reeks (B'mth) 1.85. **B:** 1 J Knox-Hooke (E&H) 1.90; 2 H Winthrop (SB) 1.85. **PV:** 1 T Robinson (B'hth) 4.20; 2 L Cordell (E&H) 3.80; 3 M Cox (Harrow) 3.65; 4 S Walker (WSEH) 4.50. **B:** S Huggins (B&B) 3.50, **LJ:** 1 S Small (B'hth) 6.92; 2 J Adai-Poku (SB) 6.75; 3 A Holmes (Norw) 6.29; 4 J Steeman (WSEH) 6.26. **B:** J Walsop (B'mth) 6.77. **TJ:** 1 T Isinkaye (E&H) 13.36; 2 Walsop 13.05; 3 O Briggs (WSEH) 12.99; 4 Okoigun 12.82. **B:** 1 S Batt (E&H) 13.20; 2 Small 12.78. **SP:** 1 S Birch (M&M) 13.91; 2 A Pope (B'hth) 13.82; 3 C Thornton (Harrow) 13.12; 4 C Mbanefo (SB) 12.92; 5 R Henry (E&H) 12.61. **B:** 1 A McDiarmid (Harrow) 11.61. **DT:** 1 N Efobi (E&H) 44.18; 2 M Townsend (WSEH) 43.09; 3 Mbanefo 40.35; 4 McDiarmid 40.01; 5 A Tawanaee (B'thh) 39.97; 5 Birch 39.29. **B:** D Rogers (SB) 36.39. **HT:** 1 A Williamson (B'hth) 58.60; 2 Efobi 50.82; 3 M Finn (WSEH) 49.55; 4 McDiarmid 42.10. **B:** 1 Tawanaee 45.45; 2 J Nooks (E&H) 42.62. **JT:** 1 L Doran (E&H) 60.78; 2 S Harvey (B'hth) 58.84; 3 A Brown (B'mth) 49.69; 4 Rogers 41.00; 5 W Burling (M&M) 40.23; 6 McDiarmid 39.86. **B:** 1 A Johnson (E&H) 55.77; 2 D Brunsden (B'mth) 46.13; 3 C Bailey (SB) 40.70; 4 T Doidge (B'hth) 38.03. **4x100:** 1 Blackheath & Bromley 43.3; 2 Shaftesbury Barnet H 43.7; 3 Harrow 44.0; 4 City of Norwich 44.1; 5 Bournemouth 44.2. **4x400:** 1 Enfield & Haringey 3:23.1; 2 Norwich 3:31.2; 3 Harrow 3:35.2; 4 Shaftesbury Barnet 3:35.6; 5 Windsor, Slough, Eton & Hounslow 3:36.3


Leon Baptiste: won 100m in Haringey


Lucy Sargent: windy 23.6 at Haringey

U20 women

MATCH: 1 Woodford Green with Essex Ladies 286; 2 Blackheath & Bromley 275; 3 Shaftesbury Barnet 243; 4 Havering Mayesbrook 214; 5 City of Norwich 210; 6 Alerdshot, Farnham & District 176; 7 Ashford 176; 8 Bristol 132

100 (2.6): 1 M Douglas (B&B) 12.0; 2 K Russell (Bris) 12.3; 3 T Bird (WG&EL) 12.3; 4 K Graham (Hav M) 12.5; 5 N Mordi (SB) 12.5. **B (3.7):** A Addaye (WG&EL) 12.4. **200 (3.7):** 1 L Sargent (Hav M, U17) 23.6; 2 Douglas 24.2; 3 Bird 24.7; 4 E Heath (Bris) 25.7; 5 J Thake (Norw) 26.5. **B (2.6):** 1 J Ryan (WG&EL) 24.9; 2 Graham 25.1. **400:** 1 K Richardson (Hav M) 59.1; 2 Addaye 60.2; 3 S Smith (Norw) 61.0; 4 S Waldron (SB) 61.4; 5 S Twell (AFD) 61.6. **800:** 1 Richardson 2:14.3; 2 J Sparke (WG&EL) 2:14.5; 3 C Browning (AFD) 2:18.2; 4 C Webster (SB) 2:19.6; 5 K Murray (B'hth) 2:24.2; 6 Thake 2:24.7. **B:** 1 E Pallant (AFD) 2:18.2; 2 H Roach (Hav M) 2:22.6; 3 S Smith 2:22.7. **1500:** 1 Webster 4:38.7; 2 E Whittaker (Bris) 4:47.5; 3 L Smith (AFD) 4:49.9; 4 C Rose (Norw) 4:55.3. **B:** 1 Waldron 4:46.4; 2 Preston 4:54.4; 3 B Davies (Bris) 4:57.8. **3000:** 1 A Bailey (SB) 10:34.4; 2 R Senior (Norw) 10:41.2; 3 A Lethbridge (WG&EL) 10:58.0. **100H (1.7):** 1 H Robinson (B'hth) 14.7; 2 N Mordi 15.1; 3 D Osagede (WG&EL) 15.4; 4 R Smith (SB) 16.0. **400H:** 1 C Leckie (WG&EL) 67.2; 2 L Critchley (B&B) 68.5. **HJ:** 1 W Meadows-Smith (SB) 1.60; 2 R Smith (Ash) 1.55; 3 R Crocker (Bris) 1.55. **PV:** 1 K Mackintosh (WG&EL) 3.00; 2 R King (B&B) 2.30; 3 L Howard (Ashf) 2.30. **LJ:** 1 Sargent 5.59; 2 H Frankson (WG&EL) 5.41; 3 S Smart (Bris) 5.05; 4 Mordi 5.01. **B:** Osagede 5.13. **TJ:** 1 S Alaneme (B&B) 11.60; 2 Mordi 11.23; 3 Osagede 10.93; 4 K Smith (Hav M) 10.61; 5 S Smart (Bris) 10.39; 6 J Chandler (Norw) 10.12. **B:** 1 J Thomas (B&B) 10.60; 2 K Rose (Bris) 10.21; 3 Frankson 10.15; 4 L Clark (Hav M) 12.11. **SP:** 1 C Edwards (SB) 13.47; 2 Harrison (Hav M) 10.88. **B:** J Mole (Hav M) 10.40. **DT:** 1 M Buchanan (WG&EL) 41.85; 2 L Clark (Hav M) 37.75; 3 L Dunn (SB) 33.90; 4 F Clark (B&B) 33.70. **B:** 1 H Redman (WG&EL) 39.13; 2 M Harrison (Hav M) 36.23; 3 Edwards 30.88. **HT:** 1 Buchanan 48.30; 2 V Thomas (B'hth) 44.99; 3 Harrison 37.74; 4 H Hogben (Ashf) 36.19; 5 M Boon (Norw) 35.43. **B:** 1 R Blackie (B&B) 44.07; 2 Redman 33.78. **JT:** Dunn 36.42; 2 Rose 33.29; 3 Blackie 31.90; 4 E Smith (WG&EL) 31.82; 5 E Christmas (Hav M) 31.57. **B:** Harrison 30.66; 2 F Athawes (B&B) 30.48. **4x100:** 1 Blackheath & Bromley 49.8; 2 Havering Maybesbrook 51.2; 3 Bristol 51.9. **4x400:** 1 Woodford Green with Essex 4:01.2; 2 City of Norwich 4:11.0; 3 Aldershot, Farnham & District 4:11.8; 4 Blackheath & Bromley 4:12.2; 5 Shaftesbury Barnet H 4:14.2

Athletes of the Match: Scarr & Sargent, Baptiste & Robinson

Northern Premier Mansfield

JOHN STACEY was the male athlete of the match, coming within three centimetres of a seven-metre long jump. Liz Sweeney was the women's winner by virtue of her 1.70m high jump.

Jessica Ennis, eighth in the world junior hepthatlon earlier this month, took the 100m hurdles in 15.2, while her team-mate in Grosseto Becky Bartlett won the javelin.

U20 men

MATCH: 1 Gateshead H 308; 2 Liverpool H 264; 3 Birchfield H 234; 4 Notts 225; 5 Middlesbrough-Mandale 223; 6 Sale H Manchester 211; 7 Mansfield H 210; 8 City of Edinburgh 207

100: 1 J Thomas (Bir) 11.4; 2 I Standish (Liv H) 11.4; 3 P Judson (Notts) 11.5. **200:** 1 Judson 22.5; 2 Standish 22.8; 3 J Baines (M'bro) 23.3; 4 R Harrison (Gate) 23.4; 5 A Bradley (Sale) 23.5. **B:** 1 S Kavanagh (Sale) 22.8; 2 C Granville (Gate) 23.3; 3 A Kelly (Liv H) 23.5. **400:** 1 R Hill (Notts) 59.8; 2 T Crow (M'bro) 50.6; 3 K Flannery (Gate) 50.8; 4 S Moreland (Liv H) 50.8; 5 P Wright (Mans) 51.1; 6 R Mahon (Sale) 51.2. **800:** 1 M Armstrong (Gate) 1:56.7; 2 Moreland 1:57.7; 3 S Desport (CoE) 1:58.3; 4 J Taylor (M'bro) 1:58.3; 5 D Barkes (Mans) 1:58.8; 6 A Bostock (Notts) 1:59.0; 7 D Froggatt (Sale) 2:01.4; 8 D Lillah (Bir) 2:01.5. **B:** 1 R Stephenson (Gate) 1:59.1; 2 A Logan (M'bro) 1:59.7; 3 A Bridgewater (CoE) 2:00.1. **1500:** 1 S Pogue (M'bro) 4:06.8; 2 C Lamb (Gate) 4:07.6. **3000:** 1 Stephenson 8:57.0; 2 J Phillipson (Sale) 8:59.3. **2000SC:** 1 Flannery 6:13.6; 2 R Flannery (Sale) 6:14.0; 3 M Quarless (Liv H) 6:22.3. **B:** D Marsh (Sale) 6:27.2. **110H:** D Collard (CoE) 15.9. **B:** D Maynard (Bir) 16.0. **400H:** 1 K Flannery (Gate) 55.1; 2 Collard 55.8; 3 T Zbaraski (Bir) 57.9; 4 D Eckersley (Sale) 59.0. **B:** C Glanville (Gate) 59.6. **HJ:** 1 D Hammond (Sale) 1.95; 2 J Stacey (Gate) 1.90; 3 Collard 1.85. **PV:** 1 J Murrow (Mans) 3.50; 2 J Dunford (Bir) 3.35; 3 M Cullen (Sale) 3.35. **LJ:** 1 Stacey 6.97; 2 G Lumsden (Liv H) 6.85; 3 J Jackson (Bir) 6.53; 4 I Greep (CoE) 6.51; 5 S Barlow (Notts) 6.44. **B:** L Robson (Gate) 6.45. **TJ:** 1 C Jefferson (Gale) 13.70; 2 Greep 13.18. **SP:** 1 A Thomas (Bir) 15.95; 2 C Sturrock (Gate) 15.28; 3 W Lowndes (Liv H) 15.06; 4 M Woolley (Mans) 13.43. **B:** S Herrington (Bir) 15.26. **DT:** 1 Thomas 49.92; 2 G Hill (M'bro) 44.23; 3 Sturrock 39.64; 4 Lowndes 39.62. **B:** Herrington 47.93. **HT:** 1 Lowndes 52.98; 2 Thomas 52.96; 3 C Berry (Mans) 49.16; 4 C Hogarth (M'bro) 47.21. **B:** Hill 42.35. **JT:** 1 P McKown (Liv H) 54.78; 2 S Kelvey (Notts) 51.94; 3 Woolley 49.74; 4 G Ewing (CoE) 46.25. **4x100:** 1 City of Edinburgh 44.2; 2 Sale H Manchester 44.3; 3 Liverpool H 44.3; 4 Notts 44.5; 5 Birchfield H 44.6; 6 Middlesbrough-Mandale 44.9; 7 Mansfield H 45.8; 8 Gateshead H 45.9. **4x400:** 1 Gateshead H 3:24.4; 2 Notts 3:27.3; 3 Mansfield H 3:28.8; 4 City of Edinburgh 3:29.6; 5 Middlesbrough-Mandale 3:32.0; 6 Liverpool H 3:33.5; 7 Birchfield H 3:33.8; 8 Sale H Manchester 3:34.6

U20 women

MATCH: 1 Trafford 267; 2 Wakefield H 254; 3 Sale H Manchester 248; 4 Birchfield 242; 5 Edinburgh Southern H 219; 6 Liverpool H 194; 7 Gateshead H 177; 8 Mansfield H 139

100: L Bloor (Traff) 12.9. **200:** 1 Bloor 26.0; 2 K Massey (Bir) 26.3. **B:** 1 L Brooks (Traff) 26.6; 2 S Peaston (ESH) 26.8; 3 J Caulton (Bir) 27.0. **400:** 1 S Shuttleworth (Sale) 57.7; 2 K Wainwright (Wake) 58.0; 3 K McGing (Liv H) 58.5; 4 S Hart (Gate) 59.6; 5 S Paterson (Bir) 59.9; 6 E Hodge (ESH) 60.2; 7 D Ellison (Traff) 60.2; 8 H Gray (Mans) 60.7. **B:** 1 N Bentley (Traff) 59.9; 2 R Shaw (Wake) 61.0. **800:** 1 C Nelson (Traff) 2:16.9; 2 Paterson 2:17.6; 3 N Yates (Mans) 2:19.3; 4 J Hill (Sale) 2:23.4. **B:** 1 Brooks 2:17.4; 2 V Mason (Sale) 2:22.0; 3 L Greaves (Bir) 2:23.0; 4 L Huston (Gate) 2:23.6. **1500:** 1 B Ellis (Sale) 4:43.9; 2 J Corrie-Taylor (Liv H) 4:50.0; 3 S Ward (Traff) 4:52.3. **B:** R Deegan (Sale) 4:51.9. **3000:** 1 M

BRITISH EUROSPORT
Athletics coverage
28/07/2004 08:00 10:30 ATHLETICS
29/07/2004 09:00 10:30 ATHLETICS
30/07/2004 17:30 21:00 ATHLETICS

Shiell (ESH) 10:09.6; 2 Shuttleworth 10:13.3; 3 Mason 10:35.5; 4 S Crowe (Gate) 10:47.5. **100H:** 1 J Ennis (Traff) 15.2; 2 K Read (Liv H) 15.5. **400H:** 1 S Day (Bir) 65.3; 2 A Hackney (Wake) 68.0; 3 K Dunn (Liv H) 68.2; 4 Peaston 69.6. **B:** R Bowman (ESH) 69.0. **HJ:** 1 L Sweeney (Liv H) 1.70; 2 J Nisbet (ESH) 1.60; 3 J Surman (Bir) 1.55; 4 E Watson (Wake) 1.55. **B:** 1 N Okyere (Bir) 1.55; 2 Dunn 1.55. **PV:** K Smith (Sale) 2.55. **LJ:** 1 Bloor 5.83; 2 Surman 5.72; 3 K Lannon (Sale) 5.40; 4 S Revitt (Wake) 5.30; 5 Nisbet 5.23; 6 Sweeney 5.16. **B:** 1 Ennis 5.80; 1 A Palmer (Bir) 5.67; 3 C Morrison (Sale) 5.40; 4 J Hackney (Wake) 5.15. **TJ:** 1 Okyere 10.98; 2 Revitt 10.80; 3 S Evans (Gate) 10.54; 4 J Coleman (Traff) 10.44; 5 Nisbet 10.17. **SP:** 1 N Bromley (Wake) 10.73; 2 S Wilson (ESH) 10.51; 3 K Lannon (Sale) 10.45. **B:** L Whittingham (Wake) 10.12. **DT:** A Maddison (Gate) 35.56; 2 H Whyche (Wake) 32.62; 3 J Dunford (Bir) 31.18; 4 Wilson 30.75. **HT:** 1 A Johnson (Traff) 44.29; 2 Wilson 39.52; 3 R Gair (Mans) 39.06; 4 R Wilsher (Wake) 34.55. **B:** B Schoolden (Traff) 32.37. **JT:** 1 B Bartlett (Bir) 43.76; 2 Whittingham 37.78; 3 E Halsall (Traff) 37.13; 4 R Richmond (Sale) 30.91. **B:** Revitt 31.88. **4x100:** 1 Trafford 49.1; 2 Wakefield H 49.4; 3 Birchfield H 50.5; 4 Liverpool H 51.6; 5 Edinburgh Southern H 51.6. **4x400:** 1 Sale H Manchester 3:59.2; 2 Birchfield H 3:59.7; 3 Wakefield H 4:03.3; 4 Liverpool H 4:04.8; 5 Gateshead H 4:11.6; 6 Mansfield H 4:13.3

Medway Division Erith

U20 men

MATCH: 1 Kent AC 298; 2 Ashford 284; 3 Bexley 212; 4 Cambridge H 135; 5 Croydon H 87; 6 Paddock Wood 82; 7 Invicta East Kent 8

100: 1 N Leavey (Ashf) 11.1; 2 V Barzey (Kent) 11.2; 3 J Roach (Camb H) 11.3, **B:** D Miller (Kent) 11.5. **200:** 1 Leavey 22.2; 2 Barzey 23.1. **400:** 1 Leavey 50.8; 2 Barzey 51.5. **800:** 1 S Mulligan (Kent) 1:58.9; 2 A Welch (Ashf) 1:59.3. **HJ:** M Hall (Ashf) 1.91. **PV:** T Crawford (Croy) 3.80. **DT:** J Chown (CambH) 30.01. **4x100:** Kent 45.5. **4x400:** 1 Ashford & District 3:30.3; 2 Kent AC 3:34.1; 3 Bexley 3:35.5

U20 women

MATCH: 1 Cambridge H 249; 2 Medway & Maidstone 227; 3 Dartford H 194; 4 Bexley 125; 5 Croydon H 46; 6 Paddock Wood 31

100/LJ: 1 L Atijosan (Camb H) 12.8/5.29. **200:** 1 A Shand-Whittingham (Camb H) 25.7; 2 H Biddis (M&M) 26.5. **400:** C Schobergh (Camb H) 62.0. **TJ:** 1 J Blackall (Bexley) 10.35; 2 Schobergh 10.10. **SP:** Z Farag (Dart) 10.80. **DT:** R Saunders (Dart) 43.41. **4x100:** Cambridge H 51.7

Athletes of the Match: Hall & Blackall

Thames Division Woodford

U20 men

MATCH: 1 Woodford Green with Essex Ladies 247; 2 Havering Mayesbrook 243; 3 Herts Phoenix 219; 4 Ipswich 163; 5 London Heathside 118; 6 Thurrock 37

100: 1 B Higgins (Ips) 11.2; 2 A Daish (Herts P) 11.2; 3 L Stott (Hav M) 11.4. **200:** 1 Higgins 22.3; 2 Daish 22.7; 3 Shaw 22.9. **400:** 1 G Dodd (Herts P) 51.2; 2 A Shaw (Hav M) 51.6. **800:** Dodd 2:01.5. **B:** A Reece (Hav M) 2:01.6. **1500:** N Keys (Hav M) 4:05.9. **B:** Reece 4:07.1. **2000SC:** J Long (WG&EL) 6:24.3. **LJ:** C Awde (WG&EL) 6.81; 2 Stott 6.61; 3 C Lake (Herts P) 6.52. **TJ:** N Gray (WG&EL) 12.76. **PV:** A Davis (WG&EL) 3.90. **B:** Awde 3.40. **SP:** 1 Davis (WG&EL) 14.24; 2 P Halcrow (Thurr) 12.92; 3 A Edwards (Hav M) 11.68. **B:** B Mason (WG&EL) 12.06. **DT:** 1 Mason 39.84; 2 Edwards 36.89. **B:** Awde 38.46. **4x100:** 1 Herts Pheonix 44.8. **4x400:** 1 Woodford Green with Essex 3:22.2; 2 Herts Phoenix 3:30.7; 3 Havering Mayesbrook 3:32.9

Women

MATCH: 1 Herts Pheonix 197; 2 Ipswich 111; 3 London Heathside 102; 4 Ilford 30

100: L Morgan (Ips) 13.0. **200:** H Wills (Herts P) 26.8. **400:** E Braithwaite (Herts P) 60.9

800: L Hall (Herts P) 2:18.4. **3000:** P Muir (Herts P) 10:53.3. **400H:** C Silva (Herts P) 65.7. **PV:** 1 L Davies (Herts P) 2.30. **4x400:** Herts Phoenix 4:12.1

Athlete of the Match: Higgins & Silva

Tyne Division Glasgow

U20 men

MATCH: 1 Border H 131; 2 Team Glasgow 119; 3 Pitreavie 89; 4 Houghton & Peterlee 67

100: 1 R Oswald (Pit) 10.9; 2 D Spiers (Glas) 11.0; 3 J Benzie (Bord) 11.4. **B:** A Tatton (Pit) 11.2. **200:** 1 Oswald 22.2; 2 Spiers 22.7. **B:** C Hodgkins (Glas) 22.9. **800:** 1 L Cassidy (Glas) 2:01.5. **110H:** N Kelly (Glas) 15.8. **SP:** 1 P Simpson (Bord) 12.38. 2 S Turner (Pit) 12.21. **DT:** Simpson 38.15. **4x100:** Team Glasgow 45.2

U20 women

MATCH: 1 Team Glasgow 148; 2 Pitreavie 49; 3 Houghton & Peterlee 30; 4 Border H 16

100: 1 L Candlish (Pit) 12.7; 2 H Kerr (Glas) 12.8. **B:** K Prytz (Glas) 12.8.

200: 1 N Gossman (Glas) 25.3; 2 Candlish 26.3. **PV:** E Dorrian (Glas) 3.20. **B:** L Gillfillan (Glas) 2.50. **JT:** A Austin (Glas) 34.27. **4x400:** Team Glasgow 4:13.5

Athlete of the Match: Oswald & Dorrian

Humber Division Scunthorpe

U17 Alex Smith won the hammer with 66.16m.

U20 men

MATCH: 1 Kingston-upon-Hull 255; 2 Chesterfield 231; 3 Scunthorpe 211; 4 Grimsby H 114; 5 Cleethorpes 96; 6 Newark 80; 7 Rushcliffe 65

100: L Felton (Clee) 11.3; 2 A Hopkins (Grims) 11.4; 3 L Giblin (King) 11.4; 4 W Taylor (Grims) 11.4; 5 S Gregg (C'field) 11.5. **200:** 1 Felton 22.3; 2 Gregg 22.3. **TJ:** T Beaumont (Newark) 12.91. **DT:** 1 A Smith (KuH, U17) 35.47. **HT:** 1 Smith 66.16; 2 J Bedford (King) 50.12; 3 J Gregory (Clee) 43.25

Athlete of the Match: Felton

U20 women

100: H Jennings (King) 12.1; 2 A Meyorowitz (Notts) 12.9; 3 R Howard (C'field) 13.0. **200:** 1 Jennings 24.8; 2 Meyorowitz 26.5. **400:** R Fisk (Scun) 60.8. **800:** 1 Fisk 2:17.1; 2 E Butler (Notts) 2:20.3; 3 L Yorsten (Clee) 2:21.6; 4 L Harpham (Clee) 2:23.3. **HJ:** Howard 1.60. **PV:** E Lyons (Notts) 2.80. **TJ:** 1 Lyons 11.04; 2 H Forman (King) 10.83; 3 K Harrison (C'field) 10.58. **SP/DT:** K Newton (C'field) 10.06/30.76. **HT:** 1 E Gilbert (Scun) 31.85; 2 Newton 30.54. **JT:** L Scott (C'field) 37.26

Pennine Division Stretford

U20 men

MATCH: 1 Leeds City 237; 2 Trafford 234; 3 Rotherham H 152; 4 Nestle Rowntree 146; 5 Spenborough 133; 6 Bingley H 125

100: 1 T Henry (Spen) 11.3; 2 T Bradford (Traff) 11.4; 3 A Staniland (Leeds) 11.5; 4 L Stewart (Rown) 11.5. **B:** S Skelland (Traff) 11.5. **200:** 1 Bradford 22.4; 2 Henry 22.9; 3 Stewart 23.3; 4 A Timms (Leeds) 23.3. **B:** Skelland 23.5. **400:** 1 Henry 49.6; 2 S Caine (Traff) 49.7; 3 M Rhodes (Leeds) 50.0; 4 R Mastey (Roth) 50.7. **B:** D Scholey (Roth) 51.6. **800:** 1 S Dirrane (Leeds) 1:57.2; 2 J Thewlis (Roth) 1:58.4. **1500:** 1 Dirrane 4:04.7; 2 Thewlis 4:07.8.

110H: 1 C Holder (Traff) 15.4; 2 M Hudson (Leeds) 15.8. **B:** Staniland 15.8. **400H:** R Yates (Traff) 57.5. **B:** R Banjac (Traff) 58.4. **2000SC:** R England (Leeds) 6:16.7. **HJ:** K Hargreaves (Roth) 1.93. **TJ:** D Stockdale (Traff) 12.99. **SP:** Staniland 12.98. **B:** Timms 11.79. **DT:** Staniland 39.44. **JT:** S Allan (Leeds) 47.15.

4x100: Trafford 44.7. **4x400:** 1 Trafford 3:26.0; 2 Rotherham 3:37.7

Final standings: 1 Leeds City 24 (1054); 2 Trafford 20 (823); 3 Rotherham H 15 (661); 4 Bingley H 11 (619); 5 Nestle Rowntree 8 (513); 6 Spenborough 6 (510)

U20 women

MATCH: 1 Leeds City 210; 2 Bingley H 152; 3 Rotherham H 140; 4 Nestle Rowntree 136; 5 Spenborough 89

200/LJ: S Punter (Leeds) 26.7/5.36.

400: 1 B Staniland (Leeds) 58.3; 2 L Mayho (Bing) 60.7. **800:** 1 A Martin (Leeds) 2:21.2; 2 A Fulton (Bing) 2:22.6. **100H:** E Noble (Bing) 15.3.

HJ: K Wakeham (Roth) 1.60. **TJ:** L Simmons (Leeds) 10.63. **SP:** 1 A Howard (Bing) 10.51; 2 E Shaw (Leeds) 10.28. **DT:** 1 Howard 36.12; 2 Shaw 34.54. **B:** A Simpson (Leeds) 30.50. **HT:** S Holt (Spen) 49.43. **JT:** Staniland 34.75. **B:** K Parr (Leeds) 31.88. **4x400:** Leeds City 4:01.8

Final standings: 1 Leeds City 20 (868); 2 Bingley H 14 (598); 3 Nestle Rowntree 12 (587); 4 Rotherham H 9 (522); 5 Spenborough 5 (432)

Mersey Division Macclesfield

U20 men

MATCH: 1 North Wales 309; 2 Liverpool Pembroke & Sefton 289; 3 Southport Waterloo 268; 4 Cheshire Tigers 245; 5 St Helens & Sutton 186; 6 Warrington 117; 7 Wirral 99; 8 Wigan & District 35

100: 1 S Butterfield (Ches) 11.3; 2 N Mesney (NW) 11.4. **200:** 1 Butterfield 22.8; 2 G Breeze (NW) 23.4; 3 A Morris (Liv P) 23.4; 4 Mesney 23.4. **400:** 1 B Green (Warr) 49.5; 2 M Grimshaw (Liv P) 50.6. **LJ:** A Chandley (S'port) 6.25. **TJ:** 1 S Phillips (NW) 13.92; 2 Chandley 12.86. **JT:** 1 B Fisher (St H) 50.93; 2 C Fairclough (Liv P) 45.23; 3 T Leyland (S'port) 35.63. **4x100:** Liverpool Pembroke & Sefton 45.60. **4x400:** Liverpool Pembroke & Sefton 3:35.5

U20 women

MATCH: 1 North Wales 246; 2 Wigan 199; 3 Southport Waterloo 191; 4 Cheshire Tigers 169; 5 Liverpool Pembroke & Sefton 125; 6 Warrington 69; 7 St Helens & Sutton 58; 8 Wirral 34

100: 1 L Edwards (NW) 12.5; 2 B Gerrad (Wirr) 13.0; 3 K Edmondson (NW) 13.0. **200:** 1 Edwards 25.4; 2 S Hodgkinson (Wig) 26.6; 3 Edmondson 26.3. **800:** 1 K Hawitt (Warr) 2:23.5; 2 C Roach (Ches) 2:24.1. **3000:** S Stockton (Ches) 10:54.7. **100H:** K Moorcroft (Wig) 15.3. **HJ/JT:** R Culshaw (Wig) 1.60/30.88. **LJ/TJ:** M Robins (Ches) 5.27/11.06. **SP:** L Burton (Ches) 10.06. **DT:** 1 L Hunt (Ches) 32.10; 2 S Calvert (NW) 30.99

Athletes of the Match: Green & Culshaw

Severn Division Leamington

U20 men

MATCH: 1 Swansea H 258; 2 Cardiff 226; 3 Leamington 222; 3 Cheltenham H 201; 5 Stratford 141; 6 Bristol 138; 7 Yate 130

100: 1 R Scott (Yate) 10.7; 2 L Rice (Bris) 11.0; 3 O Bamisaye (Bris) 11.1.

B: 1 C Campbell (Bris) 11.1; 2 M Baker (Card) 11.4. **200:** 1 Scott 21.5; 2 A Terrell (Card) 22.9; 3 Campbell 23.1. **B:** 1 L Refell (Card) 22.4; 2 Rice 22.9; 3 W Roberts (Swan) 23.0. **400:** N Smithies (Strat) 50.2. **800:** L Bartlett (Bris) 2:01.1. **3000:** M Davies (Swan) 9:13.1. **2000SC:** A Felce (Chelt) 5:54.3. **HJ:** T Bisatt (Card) 1.95. **PV:** R O'Connell (Card) 3.90.

LJ: I Newbury (Card) 6.25. **TJ:** W Roberts (Swan) 12.83. **B:** Newbury 1.90. **SP:** T Rees (Swan) 12.59. **HT:** 1 M Richards (Swan) 48.87; 2 S Penny (Chelt) 44.97; 3 A Jones (Yate) 40.69.

JT: 1 Campbell (Chelt) 57.76; 2 Rees 50.40. **B:** Amphlett 46.27. **4x100:** 1 Cardiff 43.9; 2 Swansea 45.9. **4x400:** 1 Leam 3:35.2; 2 Cheltenham 3:38.0

Final standings: 1 Cheltenham H 29; 2 Leamington 24; 3 Cardiff 23; 4 Bristol 22; 5 Swansea H 15; 6 Yate 14; 7 Stratford 7

U20 women

MATCH: 1 Cardiff 213; 2 Yate 154; 3 Cheltenham 112; 4 Leamington 73; 5 Swansea H 69

100: 1 F James (Card) 12.7; 2 L Sandall (Chelt) 13.0. **200:** 1 James 25.5; 2 P Hill (Yate) 25.6; 3 Randall 26.7. **B:** C Hillier (Yate) 26.5. **400:** N Spettie (Card) 60.5. **800:** K Wiltshire (Card) 2:21.4. **B:** J Williams (Card) 2:22.8. **1500:** B Strange (Card) 4:49.5. **3000:** J Binks (Yate) 10:30.7.

100H/400H: Sandall 16.1/67.5. **LJ:** D Carpenter (Card) 5.11. **JT:** L Loveday (Card) 31.18. **4x400:** Cardiff 4:05.5

Final standings: 1 Cardiff 23; 2 Yate 18; 3 Leamington 14; 4 Cheltenham H 14; 5 Swansea 11

Athlete of the match: Campbell & Sandall

Central Division Dudley

U20 men

MATCH: 1 Tipton H 297; 2 Wolverhampton & Bilston H 180; 3 Solihull & Small Heath 175; 4 Royal Sutton Coldfield 138; 5 Halesowen 134; 6 Telford 111; 7 Dudley & Stourbridge H 79

100: P McDonald (SSH) 11.5. **200:** 1 O McNellis (Hale) 22.3; 2 K Higgins (W&B) 23.0; 3 McDonald 23.5. **400:** 1 R Parry (Hale) 50.7; 2 D Lewis (Tip) 51.9. **800:** A Bird (SSH) 2:00.0. **3000:** 1 O Holden (Hale) 8:41.9; 2 P Simner (Tip) 8:50.1; 3 R Collins (RSC) 8:54.1.

B: D Moreton (Hale) 9:09.5. **2000SC:** Simner 6:18.3. **400H:** Lewis 56.1. **HJ:** 1 T Payne (SSH) 2.00; 2 McNellis 1.90. **PV:** 1 A Smith (Tip) 3.95; 2 S Gower (Hale) 3.80; 3 McNellis 3.60. **SP/DT:** R Bridgwater (Donc&S) 11.68/41.34. **4x100:** Solihull & Small Heath 45.7. **4x400:** Halesowen 3:33.9

U20 women

MATCH: 1 Tipton H 259; 2 Solihull & Small Heath 199; 3 Telford 173; 4 Dudley & Stourbridge H 146; 5 Wolverhampton & Bilston H 90; 6 Halesowen 62; 7 Royal Sutton Coldfield 55

100: 1 C Jones (Telf) 12.6; 2 L Evans (Donc&S) 12.9; 3 C Robinson (Tip) 13.0. **B:** H Martin (Telf) 12.8. **200:** 1 H Barlow (RSC) 25.9; 2 Evans 26.8.

400: L Mason (Donc&S) 61.2. **3000:** L Bache (Tip) 10:26.5. **B:** K Walker (Tip) 10:34.1. **100H/HJ:** J Leach (Donc&S) 16.5/1.60. **PV:** 1 R Lilley (Hale) 2.75; 2 B Hartshorne (Telf) 2.60. **LJ:** H Jarosinski (Hale) 5.05.

DT: 1 E Price (Telf) 30.60; 2 L Stevenson (Tip) 30.42. **JT:** A Smith (Telf) 30.45

Athletes of the Match: Payne & Leach

Brent Division Ealing

U20 men

MATCH: 1 Belgrave H 315; 2 Milton Keynes 295; 3 Hillingdon 223; 4 Sutton & District 124; 5 Reading 114; 6 Vale of Aylesbury 109; 7 Thames Valley H 66.

100: 1 W Bennett-Jackson (Belg) 10.8; 2 D Davis (Sutt) 11.4; 3 D Thomas (Hill) 11.5. **B:** G Rutherford (Mil K) 11.0. **200:** 1 Bennett-Jackson 21.5; 2 Gabay (Hill) 22.7; 3 P Davis (Sutton) 22.7. **B:** 1 J Ellington (Belg) 21.4. ns: J Hussain (Belg) 22.3. **400:** 1 R Thomas (Sutt) 48.6; 2 S Osho (Belg) 49.2; 3 P Wren (Read) 50.4; 4 L Bowren (Hill) 50.8; 5 A Whetstone (Mil K) 51.6. **B:** G Selway (Belg) 50.0; 2 I Akindale (Sutt) 50.7. **800:** R Threlfull (Mil K) 2:02.4. **1500:** M Marshall (Belg) 4:18.8. **3000:** P Wright (Mil K) 9:40.6. **2000SC:** Whetstone 6:39.7. **110H:** 1 K Sempers (Belg) 14.9; 2 D Davis (Sutt) 15.1. **B:** 1 R Dinham (Belg) 15.1; 2 R Alexis-Smith (Sutt) 15.5. **400H:** 1 R Dinham (Belg) 58.0; 2 C Duck (Mil K) 60.0. **HJ:** 1 Sempers (Belg) 2.00; 2 K St Helene (Mil K) 1.95. **B:** M Allen (Belg) 1.85. **LJ:** 1 G Rutherford (Mil K) 7.17; 2 G Wilson (Belg) 7.14; 3 D Thomas (Hill) 6.81. **B:** 1 St Helene 6.55; 2 A Abiri (Belg) 6.30. **TJ:** 1 E Anomelechi (TVH) 14.14; 2 St Helene 13.91; 3 G Wilson (Belg) 13.31. **B:** Abiri 12.84. **SP:** 1 C Gearing (Belg) 17.04; 2 K Stevens (S&D) 15.31; 3 K McConnell (Mil K) 12.90. **B:** 1 M Allen (Belg) 14.97; 2 K Mason (Mil K) 12.29. **DT:** 1 Allen 47.64; 2 K Mason (Mil K) 39.61. **B:** 1 Gearing 47.23; 2 K McConnelly (Mil K) 38.38. **JT:** Allen 49.42. **B:** Sempers (Belg) 48.15. **HT:** 1 Stevens 49.10; 2 McConnelly 43.24. **B:** Mason 41.77. **4x100:** 1 Belgrave H 43.5; 2 Sutton & District 43.7; 3 Reading 44.7; 4 Hillingdon 45.7. **4x400:** Vale of Aylesbury 3:43.6.

U20 women

MATCH: 1 Belgrave H 230; 2 Harrow 181; 3 Hillingdon 158; 4 Thames Valley H 146; 5 Reading 139; 6 Vale of

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Aylesbury 24.
100: 1 T Hassan (Belg) 12.9; 2 S Irwin (Read) 12.9. **200:** 1 Hassan 25.7; 2 Irwin 26.3; 3 E McGeehan (Harr) 26.3; 4 N Edwards (TVH) 26.8. **B:** B Campbell (Harr) 26.1. **400:** B Willmott (Read) 60.7; 2 L Collier (Belg) 61.2. **800:** L Collier (Belg) 2:24.8. **HJ:** 1 P Agbo (TVH) 1.55; 2 R Christie (TVH) 1.55. **LJ:** 1 M Nestor (Belg) 5.37; 2 M Donaghy (Hill) 5.13. **TJ:** 1 A Barrett (Harrow) 11.52; 2 Nestor 10.61. **SP/JT:** Agbo 10.74/35.99. **HT:** C Philips (Hill) 35.46. **4x100:** Harrow 51.8. **4x400:** Belgrave H 4:16.6
Athlete of the match: Ellington & Agbo

Trent Division Rugby
Men
MATCH: 1 City of Stoke 322; 2 Tamworth 276.5; 3 Cannock & Stafford 241.5; 4 Derby 193; 5 Rugby & Northampton 162; 6 Coventry Godiva/Sphinx 123; 7 Leicester Coritanian 84; 8 Peterborough 18
100: M Chomanicz (Stoke) 11.3. **200:** J Gill (C&S) 22.9. **400:** 1 C Smith (Tam) 51.8. **B:** J Biddle (C&S) 52.0. **800:** J Sinclair (Cov) 2:02.02. **1500:** M Geele (Leic C) 4:07.6; 2 D Pettit (P'boro, U17) 4:07.8. **3000:** Geele 9:01.7. **110H:** A Hopkins (C&S) 16.3. **B:** J Dohnal (Stoke) 15.9; 2 C Ball (C&S) 16.3. **400H:** D Townson (StokE) 59.4. **2000SC:** F Mainwaring (Stoke) 6:46.1. **PV:** R Hallam (Tam) 3.40. **LJ:** L Moore (Stoke) 6.94. **TJ:** R Bailey (Stoke) 13.26. **SP:** 1 B Lawrence (C&S) 14.61; 2 G Nixon (Stoke) 13.88. **B:** R Parker (C&S) 13.98. **DT:** G Nixon (Stoke) 43.85; 2 J Hyland (R&N) 41.26. **HT:** 1 B Lawrence (C&S) 48.20; 2 S McKevitt (P'boro) 46.85; 3 J Hyland (R&N) 42.72, **JT:** T Hardman (Tam) 44.43. **4x100:** City of Stoke 44.2. **4x400:** Tamworth 3:36.0
Women
MATCH: 1 Tamworth 226.5; 2 Cannock & Stafford 167; 3 Derby 162.5; 4 Coventry Godiva H/Sphinx 116; 5 Rugby & Northampton 71; 6 Leicester Coritanian 63
100/200: A Tyson (C&S) 12.9/26.3. **400:** A Booth (Der) 60.3. **800:** F Manger (Cov) 2:20.7; 2 Booth 2:20.8; 3 R Arnold (R&N) 2:21.6. **1500:** B Charlton (Cov) 5:21.5. **100H:** L McManus (Cov) 15.5. **4x100:** Cannock & Stafford 52.5. HJ: K Connolly (Cov) 1.50. **PV:** 1 S Williams (Tam) 2.45; 2 S Hardwick (R&N) 2.45. **LJ/TJ:** E Taylor (C&S) 5.06/10.38. **SP:** 1 E Francis (U17) 13.39; 2 L Millward (C&S, U17) 12.32. **DT:** Francis 40.73. **HT:** J Lander (Tam) 41.15; 2 A Smetham (Tam) 36.71. **JT:** L Gomery (C&S) 31.73
Athletes of the Match: Nixon & Millward

SCOTTISH MEN'S LEAGUE
Division 1 Wishaw
Men
MATCH: 1 Kilbarchan 344; 2eq Central/Pitreavie 286; 4 Shettleston H 265; 5 Ayr Seaforth 230; 6 Corstorphine 212; 7 Aberdeen 197; 8 City of Edinburgh 194
100 (-1.2): 1 I Kennedy (Ayr S) 10.9; 2 F Smith (Pit) 11.2; 3 I MacDnald (Shett, U20) 11.5. **B (-1.5):** A Wilson (Ayr S, U20) 11.3. **200 (-2.1):** Smith 22.6. **B (-1.9):** 2 MacDonald 23.3. **400:** 1 J Dunlop (CoE) 49.3; 2 G Stevenson (Kilb) 50.2; 3 S McQueen (Pit, U17) 50.5; 4 A McColl (Corst) 50.7; 5 S Keenan (Ayr S) 50.8. **B:** S Partyka (Kilb, U17) 50.5. **800:** 1 S Pilkington (Corst, U20) 1:53.9; 2 R Toole (Kilb, U20) 1:54.7; 3 S Thompson (CoE) 1:56.5; 4 S Forbes (A'deen, U20) 1:55.6; 5 E Simpson (Pit, U20) 1:56.5. **B:** 1 E Stark (Corst) 1:58.1; 2 S Rusling (A'deen, U17) 1:58.7; 3 N Burnside (Ayr S) 1:59.8. **1500:** 1 K Berry (Corst) 3:52.4; 2 K Gauson (CoE, U17) 3:52.7; 3 D Gauson (CoE) 3:53.6; 4 C McKay (Kilb, U20) 3:54.9; 5 D Shinnie (A'deen, U20) 3:56.8; 6 M Anderson (Corst) 3:59.0; 7 J Newsom (Pit) 3:59.3; 8 C McNulty (Kilb, U17) 4:03.6; 9 A Hay (Centr, U20) 4:03.8. **5000:** 1 R Montgomery (Shett) 15:37.4; 2 K Hood (Corst) 15:43.4; 3 T Hearle (Kilb) 16:13.7 ... 6 I Stewart (Centr, M40) 16:31.9 ... 9 P Carton (Shett, M50) 17:07.00. **3000SC:** 1 C McCaffer (Kilb, U20) 10:03.8. **110H (-1.4):** 1 Smith 14.7; 2 C Laing (Centr) 15.5 ... 4 J Pender (Kilb, M40) 17.7. **400H:** 1 R Miller (A'deen) 55.1; 2 Laing 56.6; 3 J Gray (Shett) 57.9. **B:** 1 A Grant (A'deen) 57.0; 2 J Findlay (Shett) 58.0. **HJ:** 1 T Gilhooly (Kilb) 1.95; 2 S Livingston (CoE) 1.90 ... 7 M Lipton (Kilb, U17) 1.75. **PV:** R Todd (Centr, M40) 3.40. **LJ:** 1 J Ritchie (CoE) 6.61; 2 J Gray (Shett, U20) 6.29. **SP:** 1 N Elliott (Shett) 15.49; 2 S Thompson (Pit) 15.18; 3 B Robb (Pit) 14.87. **DT:** 1 Thompson 54.87; 2 Robb 51.31; 3 Elliott 45.49; 4 L McIntyre (CoE) 39.23; 5 C Fleming (Kilb) 37.42; 6 Todd 33.60. **HT:** Robb 41.80. **4x400:** 1 Kilbarchan 3:24.4; 2 City of Edinburgh 3:25.6
Standings after three matches: 1 Pitreavie 22.5; 2 Central 20.5; 3 Shettleston 14.5; 4 Aberdeen 13.5; 5 Kilbarchan 13; 6 Ayr Seaforth 9; 7 City of Edinburgh 8; 8 Corstorphine 7

Division 2 Meadowbank, Edinburgh
Men
MATCH: 1 Giffnock North 358; 2 Arbroath 314; 3 Inverclyde 252; 4 Falkirk Victoria H 182; 5 Victoria Park 179; 6 Cumbernauld 155; 7 Law 46; 8 Kirkintilloch Olympians 37
200: 1 K Robertson (Kirkin, U17) 22.3; 2 T Cunningham (Law) 22.6; 3 M McCluskey (Giff N) 23.0. **400:** 1 A Low (Giff N) 48.20 (Div rec); 2 Robertson 49.50. **800:** 1 K Kane (C'nauld) 1:53.19; 2 M Pollard (Inver) 1:54.02; 3 A Stewart (Falk) 1:56.98; 4 M Colligan (Arb) 1:57.31. **1500:** 1 Colligan 4:03.9; 2 S Campbell (Arb) 4:04.6; 3 C Forrester (Vic P) 4:06.0. **5000:** 1 K Johnstone (Falk) 15:29.9; 2 Colligan 15:42.2; 3 Campbell 15:46.5. **HJ:** A Allan (Giff N, U17) 1.90. **PV:** D Graham (Arb) 4.00
Standings after three matches: 1 Giffnock North 22; 2 Arbroath 21; 3 Victoria Park 18; 4 Falkirk Victoria H 14; 5 Cumbernauld 12; 6 Inverclyde 11; 7 Law 5; 8 Kirkintilloch Olympians 5

Division 3 Meadowbank
Men
MATCH: 1 Whitemoss 220; 2 Ross County 208; 3 Lasswade 192; 4 Dunfermline & West Fife 146
200: A Beaton (Ross C) 23.0. **800:** A Campbell (W'moss) 1:59.42
Standings after 3 matches: 1 Whitemoss 17; 2 Lasswade 15; 3 Ross County 13; 4 Dunfermline & West Fife 9

SCOTTISH WOMEN'S CUP
Coatbridge
Women
MATCH: 1 Central 82.5; 2 Aberdeen 73.5; 3 City of Edinburgh 69; 4 Pitreavie 66.5; 5 City of Glasgow 62
100 r1: 1 S Curtis (ESH) 12.2; 2 C McKenna (Law) 12.7; 3 L Hamilton (CoE, U17) 12.9; 4 F Davidson (A'deen) 12.9. **r2:** 1 N Gossman (Glas, U20) 12.5; 2 E Henderson (Centr, U20) 12.6; 3 K McDiarmid (Pit, U20) 12.6. **200 r1:** 1 H McKay (ESH) 25.4; 2 A Connelly (A'deen) 25.8; 3 Hamilton 26.0. **r2:** 1 S Astarita (Glas, U20) 25.1; 2 McDiarmid 25.7; 3 C Gibson (Kilb) 26.0; 4 S Hay (Centr, U17) 26.3. **400 r1:** 1 M McClung (ESH) 57.2; 2 N Gauld (A'deen) 57.4. r2: 1 Gibson 55.9; 2 F Chalmers (Centr, U20) 59.6. **800:** 1 M MacLarty (Centr, U20) 2:14.2; 2 S Hood (ESH) 2:15.6. **1500:** 1 D Smith (Kilb) 4:38.7; 2 S Lamont (Pit, U20) 4:43.5; 3 C McCracken (Glas) 4:45.0; 4 F Thompson (Centr, U20) 4:52.7.
3000: 1 J Knowles (Glas) 10:02.6; 2 A Murray (Pit, U17) 10:22.2; 3 H Dean (Centr) 10:39.0; 4 C Sloss (Kilb, U20) 10:43.1. **100H:** 1 C Pennet (A'deen) 14.6; 2 K Mann (Dund) 15.5; 3 Henderson 15.7; 4 L Redmond (CoE) 16.0. **400H r1:** Mann 67.0. **r2:** E Child (Pit, U20) 61.8. **HJ:** G Black (Glas) 1.75. **LJ:** 1 Pennet 5.06; 2 Mann 5.05. **TJ:** 1 L Gauld (ESH) 11.84; 2 Henderson 11.70; 3 Davidson 11.08; 4 J Todd (Pit) 10.06. **SP:** 1 Redmond 12.16; 2 J Wilkie (ESH) 10.64. **DT:** 1 J Kirkpatrick (Stew) 35.29; 2 Wilkie 33.01. **HT:** 1 K Horne (Glas) 43.12; 2 M Cross (CoE) 30.10. **JT:** 1 Redmond 36.34; 2 Wilkie 35.28; 3 Kirkpatrick 30.51. **4x100 r1:** 1 Aberdeen 50.3; 2 City of Edinburgh 51.2. **r2:** Pitreavie 51.4. **4x400:** 1 Aberdeen 3:57.5; 2 Central 4:00.3; 3 Kilbarchan 4:07.6; 4 Pitreavie 4:10.0
U17
MATCH: 1 City of Glasgow 81; 2 Aberdeen 73; 3 Pitreavie 70; 4 Stewartry 65; 5 Kilbarchan 57
100: 1 D Osborne (Glas) 12.5; 2 K Young (A'deen) 12.8. **200:** 1 Osborne 25.7; 2 N Treacy (Kilb) 26.3. **300:** 1 C Lynam (Glas) 40.0; 2 S Walker (Pit) 41.6; 3 Treacy 41.8; 4 E Cloggie (A'deen) 42.3; 5 L Baird (Giff N) 42.8. **800:** V Currie (Stew) 2:20.9. **1500:** 1 S Coleman (Pit) 4:47.5; 2 J Conway (Giff N) 4:56.1. **80H:** 1 N Doyle (Glas) 11.9; 2 Walker 12.8. **300H:** R Davidson (Stew) 47.8. **HJ:** E Leggate (Glas) 1.65. **LJ:** Young 5.50. **JT:** A Austin (Glas) 38.30. **4x100:** City of Glsgow 49.5
U15
MATCH: 1 Edinburgh Southern H 126; 2 Falkirk Victoria H 105; 3 Kilbarchan 100.5; 4 Ayr Seaforth 97; 5 Aberdeen 82.5
100 r1: S Warnock (ESH) 13.1. **r2:** K Hunter (Falk) 12.9. **200 r1:** 1 LA Mearns (A'deen) 25.7; 2 L Sharp (ESH) 25.9; 3 L Hunter (Giff N) 27.5. **r2:** 1 R Collier-Lumsden (Dunf) 27.0; 2 K Steel (Ayr S) 27.3; 3 H Belch (Kilb) 27.4. **800:** 1 C Sinclair (ESH) 2:19.6; 2 L Taylor (Giff N) 2:25.9. **1500:** 1 N McLeod (Giff N) 5:00.8; 2 I Cameron (Glas) 5:05.8; 3 N Sharp (Kilb) 5:08.1. **75H:** 1 Belch 11.9; 2 K Hunter 11.9. **HJ:** 1 P Dalgleish (Ayr S) 1.60; 2 E Lowrie (Glas) 1.55; 3 K Hunter 1.50. **LJ:** 1 Steel 4.90; 2 A Cathro (Ayr S) 4.70. **4x100:** Edinburgh Southern H 53.5
U13
MATCH: 1 Falkirk Victoria H 110; 2 Edinburgh Southern H 101.5; 3 Stewartry 84.5; 4 Giffnock North 72.5; 5 Pitreavie 63
100: H Robertson (Stew) 13.4. **200:** 1 K Paterson (Stew) 28.5; 2 H Brown (Giff N) 29.1; 3 L Stevenson (Falk) 29.4. **800:** 1 C Lockie (Giff N) 2:27.8; 2 L Buchan (A'deen) 2:28.6; 3 M McLeish (Falk) 2:35.7. **70H:** 1 J Brooks (Falk) 12.3; 2 E Crichton (Glas) 12.8; 3 Paterson 12.9; 4 S Kelly (Kilb) 12.9. **HJ:** J Gillanders (ESH) 1.35. **LJ:** 1 Brooks 4.68; 2 L McKenna (Law) 4.48. **SP:** 1 M Perkins (Falk) 9.13; 2 A Slago (ESH) 8.42; 3 D Hynd (Pit) 6.81. **DT:** Perkins 21.19. **JT:** Slago 26.85. **4x100 r1:** Edinburgh Southern H 57.7. **r2:** 1 Falkirk Victoria H 56.3; 2 Stewartry 56.7
Overall: 1 Aberdeen 20; 2 Edinburgh Southern H 18; 3eq City of Glasgow/Falkirk Victoria H 16

MIDLAND WOMEN'S LEAGUE
Division 5 Hereford
MATCH: 1 Shrewsbury 239; 2 Corby 223; 3 OWLS 198; 4 Hereford 147; 5 Newark 135; 6 Worcester 94
Women
200: K Harewood (Corby) 25.7.
100H: 1 C Wait (Shrews) 15.7; 2 A Fendley (Newark) 16.3. **PV:** S Badham (Here) 2.80. **LJ:** Fendley 5.29. **TJ:** 1 A Kelly (Shrews) 11.44; 2 Fendley 10.51. **HT:** A Smith (Here) 36.41
U17
300: 1 S Cooper (Corby) 44.9
U15
100: 1 J Domingo (OWLS) 13.1. **200:** 1 Domingo 27.0; 2 Preston 27.5. **LJ:** Preston 4.70
Final standings: 1 Shrewsbury 17; 2 Corby 16; 3 OWLS 10; 4 Newark 7; 5 Worcester 7; 6 Hereford 6

Division 1 Ware
MATCH: 1 Havering Mayesbrook 397; 2 Herts Phoenix 362.5; 3 Dacorum & Tring 197; 4 Colchester H 146.5
U17 men
400: M Waller (Hav M) 52.3. **800:** 1 S Smith (Herts P) 2:03.5; 2 D Nefs (Hav M) 2:04.7. **LJ:** M Holden (Col H) 6.05. **DT:** C Newton (Hav M) 35.30
U15
100: 1 E Azanful (Hav M) 11.5; 2 K Howard (Herts P) 12.3. **200:** 1 Azanful 24.2; 2 I Tobin (Herts P) 24.7. **80H:** 1 M Richardson (Herts P) 12.3; 2 Howard 12.9. **HJ:** 1 Richardson 1.65; 2 J Hutchinson (D&T) 1.60. **LJ:** 1 Tobin 5.98; 2 N Senior (Hav) 5.75. **JT:** B Buwembo (Hav) 54.22. **4x100:** 1 Herts Phoenix 48.5; 2 Havering Mayesbrook 49.8
U13
HJ/SP: H Ellis (Hav) 1.45/9.29
U17 women
100: C Adams (D&T) 13.0. **200:** 1 Adams 26.6; 2 L McVicar (Hav) 26.8. **300:** 1 McVicar 42.8; 2 G Hurt 43.5; 3 C Whiddett (Col) 44.0. **80H:** L Schofield (Hav) 12.5. **LJ:** Z Delaney (Hert P) 4.90. **SP:** L Yard (Hav) 9.10. **DT:** L Clark (Hav) 28.03. **4x100:** 1 Colchester H 52.1; 2 Herts Pheonix 52.5
U15
100: 1 F Calder (Hav) 13.1; 2 Van Kempen 13.2. **200:** Calder 26.7. **800:** F Roberts (D&T) 2:26.8. **1500:** I Deane (Hav) 5:05.5. **75H:** 1 H van Kempen (Herts P) 12.2; 2 AN Other (Hav) 13.4. **HJ:** B Siddons (Hav) 1.57. **DT:** R Wojtkiw (Colc) 23.99
U13
200: L Jacks 29.5. **800:** 1 G Davies (Hav) 2:36.5; 2 S Sattin (Herts P) 2:39.1. **70H:** K Taylor (Herts P) 12.5. **SP:** H Nnawuchi (Herts P) 8.39. **DT:** 1 J Humphreys (Hav) 22.30; 2 R Luck (Hav) 20.22. **4x100:** Herts Phoenix 57.7

July 24/25
SOUTH OF ENGLAND CHAMPIONSHIPS
Bedford
HANNAH STARES put up a good show to take the women's heptathlon with 4961 points, as the championships was switched away from Watford because of a dispute over the state of the pole-vault landing areas, *Martin Duff reports*.

The Belgrave Harrier led from the start, thanks to her best event, the 100m hurdles, which yielded 925 points with a time of 14.38. Sam Backwell made the long journey from Yeovil worthwhile to take the U20 division with 4743, her best scorer being the final event, the 800m, where she is a former English Schools' fifth placer.

"I was second in the English Schools' last year," said the 19-year-old, before adding: "I don't think I've got a best event, but I was an 800 metres runner when I was little." Her 4743 was a best by 100 points.

Also on good form was Rebecca French to take the U17 heptathlon by just 21 points from Nikki McSweeney. French, who was fifth in the English Schools' last year, came from behind to win on the final event. "I had to beat her by eight seconds," she said of her rival, after heading McSweeney by nine seconds for a narrow victory.

The unluckiest athlete on show was U15 boys' pentathlon silver medallist Matthew Tong. Three PBs in the opening three events left the Chelmsford athlete nearly 400 points clear, but then he put his back out in the high jump after clearing only his opening height. Tong then started the 800m but ran just a stride to ensure he at least was a legal finisher. Antony Shurmer came through to win but said: "He really deserved it."

U17 champion Adam Akehurst retained his octathlon title with an improved performance despite trailing in last in the final 1500m. "I hate 15s," he said as he collected his medal. "I did 5158 previously, but I did really bad in the discus." Nevertheless the 16-year-old notched up a new best of 5259 points to win by nearly 100 points.

In addition to the combined events, the Southern junior 3000 metre championships were also run and resulted in good wins for Tommy Davies and Jennifer Pereira, but the 10,000 metre walks saw not a single senior athlete in attendance as a field of veterans made up the numbers.
Men
PV: 1 C Johnson (Bel) 4.81; 2 R Thickpenny (TVH) 4.40; 3 S Carpenter (Wok) 3.90. **Dec:** 1 J Dickinson (Hasle) 6290 (11.37, 6.55, 11.45, 1.79, 52.13, 16.27, 35.03, 4.00, 40.55, 5:00.62); 2 N Foxworthy (Exe H) 5724 (11.89, 6.32, 10.68, 1.88,

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55.29, 16.00, 34.04, 3.50, 47.40, 5; 57.28); 3 A Fidgett (Nene V) 5206 (11.65, 6.18, 10.46, 1.58, 53.51, 17.14, 27.77, 2.90, 4:57.60); 4 I Robinson (Banb) 3802; 5 S Richards (Yeo) 3748. **10kmW:** 1 R Emsley (Steyn, M50) 50:28.81; 2 T Jones (Hill, M45) 54:42.66; 3 P Cassidy (Lought, M60) 57:12.36; 4 S Lightman (Sy WC, M60) 58:16.12; 5 P Hannell (Sy WC, M60) 59:11.93; 6 A Cox (Hill, M50) 59:13.13; 7 A O'Rawe (Ilf) 61:09.72; 8 J Borgars (Herts P) 61:29.83

U20

3000: 1 T Davies (L Buzz) 8:37.45; 2 B Hellmers (NEB) 8:40.71; 3 C Ivemy (Hails) 8:42.82; 4 K Hardy (Ips H) 8:46.11; 5 M Barnes-Smith (Ips H) 8:52.63; 6 C Gillespie (W Horse) 9:01.97; 7 D Bishop (Swin) 9:05.00; 8 D Cheney (Ports) 9:06.55; 9 R Mullett (Lewes) 9:07.00; 10 G Wilcox (Mil K) 9:08.40. **Dec:** 1 C Baker (Worth) 5847 (11.96, 6.22, 10.72, 1.94, 54.17, 15.87, 32.58, 3.40, 39.52, 5:12.80); 2 R Simmonds (Ryst) 5799 (12.54, 6.05, 10.15, 1.88, 57.21, 17.66, 35.47, 3.50, 51.600, 4:33.06); 3 R Rumble (Herts P) 5712 (12.23, 5.89, 11.04, 1.82, 54.10, 16.86, 32.48, 3.30, 4:38.57); 4 R Chambers (Wok) 5546; 5 J Singleton (Yeo) 5445; 6 P Yeomans (Wat) 4706

U17

Oct: 1 A Akehurst (Ports) 5259 (6.63, 13.74, 56.77, 55.44, 1.75, 15.06, 36.65, 5:18.75); 2 G Stroud (Exe H) 5186 (6.26, 13.96, 44.25, 52.27, 1.78, 12.82, 38.31, 4:49.14); 3 F Baker (Norw) 4787 (6.24, 13.55, 35.78, 52.83, 1.81, 10.64, 29.10, 4:49.91); 4 P Barrett (Herts P) 4553; 5 M George (VoA) 4552; 6 J Boyle (Poole R) 4058; 7 L Keteleers (Chelm) 4054; 8 J Mouland (B&H) 4015; 9 B Fletcher (Brack) 3797; 10 J Hanrahan (B&H) 3769

U15

Pent: 1 A Shurmer (Chich R) 2738 (12.49, 11.64, 5.57, 1.70, 2:19.51); 2 M Tong (Chelm) 2496 (11.26, 13.14, 6.29, 1.49, dnf); 3 T Goodhall (Dart) 2455 (12.84, 7.50, 5.70, 1.64, 2:17.89); 4 L Allen (W Suff) 2244; 5 B Gregory (VoA) 2251; 6 W Baker (Hast) 2218. **3000W:** A Graham (Bel) 17:11.19

Women

Hept: 1 H Stares (Bel) 4961 (14.38, 1.60, 10.20, 25.49, 5.55, 28.16, 2:24.90); 2 G Clements (Camb U) 4481 (15.29, 1.54, 9.18, 27.03, 5.41, 29.31, 2:30.40). **10kmW:** 1 F Bishop (Wok, W45) 62:18.39; 2 E Bosworth (Ton, U20) 64:53.63

U20

3000: 1 J Pereira (M&M) 9:55.27; 2 J Rhodes (Swin) 10:09.57; 3 S Ponsford (Ilf) 10:18.01; 4 S Wilson (WSEH) 10:22.36; 5 F Cliffe 10:32.44; 6 J Trowbridge (S Lon) 10:35.15; 7 D Tatum (10:37.53; 8 C Kiely (IoW) 10:43.23; 9 S Bird 10:45.59; 10 C Gaspar (Mil K) 10:54.55. **U20 Hept:** 1 S Backwell (Yeo) 4743 (15.24, 1.51, 10.10, 25.67, 5.34, 28.40, 2:18.89); 2 S Luck (Hav M) 4001 (16.58, 1.54, 8.07, 27.24, 4.55, 23.64, 2:22.03); 3 T Spurling (W Suff) 3905 (16.48, 1.51, 8.77, 28.44, 5.07, 24.85, 2:36.57); 4 M Reed (WSEH) 3761; 5 C Palmer (Craw) 3553; 6 E Button (Yeo) 2579

U17

Hept: 1 R French (Chelm) 4189 (12.29, 1.57, 9.43, 27.61, 5.18, 25.50, 2:40.09); 2 N McSweeney (Mil K) 4168 (11.99, 1.48, 10.01, 25.97, 4.93, 27.33, 2:49.11); 3 L Arnold (Ton) 4118 (13.63, 1.51, 10.20, 26.90, 4.92, 34.85, 2:45.62); 4 N Gaisford 3984; 5 C Jaggard (Herts P) 3873; 6 K Mertens (Wok) 3730; 7 H Todd (Ips H) 3730; 8 N Burrows (Herts P0 3183; 9 C Turner-Powell (Win) 3148

U15

Pent: 1 C Waldon-Day (Ports) 2810 (4.85, 12.21, 9.27, 1.58, 2:51.68); 2 F Hodgins (VoA) 2665 (4.77, 12.30, 8.34, 1.49, 2:47.1); 3 A Newton (Win) 2625 (4.63, 12.28, 7.07, 1.55, 2:46.29); 4 K Willson (Bas) 2483; 5 V Wheatland (Col H) 2467; 6 R Ahern (Dart) 2460; 7 K Alcorn (Worth) 2454; 8 L Duke (Worth) 2443; 9 L Vickers (Dart) 2418; 10 N Hill (Hav M) 2237. **3kmW:** 1 N Green (Steyn) 16:57.84; 2 C O'Rawe (B&B) 18:51.94

SOUTH OF ENGLAND VETERANS' CHAMPIONSHIPS

Bedford

TREVOR RATCLIFFE had two throws over 60 metres to take the M40 javelin in a meeting which, because of the clash with the European Veterans Championships, was not particularly well supported, *Martin Duff reports*.

The Dacorum thrower was out to 62.83m in the third round and then followed up with 62.34m with his final effort. Elsewhere in the field, British M50 champion Mike Small made up for missing the Europeans by taking three golds in the M50 group, a 14.41m shot put being the best.

Men

M40

100 (1.0) (a): G Reddington (WSEH) 12.06. **1500 (a):** L Mangleshot (WG&EL) 4:13.26. **5000 (b):** M Cursons (Harrow) 16:24.05. **110H (2.3) (b):** Reddington 15.87. **400H (b):** P Lay (E&H) 64.50. **HJ (b):** J Bancroft (Bex) 1.68. **SP (a):** 1 A Johnson (Kent) 13.17; 2 P Todd (RSB) 11.02. **DT (a):** 1 Todd 36.49; 2 Johnson 35.27; 3 A Tipping (Camb H) 33.53. **HT (a):** W Clarke (Ilf) 46.18. **JT (b):** T Ratcliffe (Dac) 62.83

M45

100 (1.0) (a): K Sankofa (Herne H) 11.97. **200 (1.1) (b):** J Tennyson (Bed C) 25.35. **400 (a):** Sankofa 54.50. **800 (b):** R Daniel (Camb H) 2:15.02. **5000 (b):** 1 T Pamphilon (WG&EL) 16:44.80; 2 B Colella (SC Vets) 17:23.48. **110H (2.3) (b):** 1 J Mayor (S&NH) 15.94; 2 Tennyson 17.14. **400H (b):** 1 Mayor 62.40; 2 Daniel 63.61. **HJ (b):** Mayor 1.68. **SP (a):** M Fenton (Norw) 11.76. **DT (a):** A Kibblewhite (TVH) 31.20. **HT (a):** Fenton 49.84.

M50

800 (b): P Stiles (E&H) 2:17.51. **100H (3.7) (a):** J Wright (Brack) 18.25. **HJ (b):** D Talbot (Abing A) 1.56. **LJ (a)/TJ (b):** Pinnington 5.50w/11.59. **SP (a):** M Small (E&E) 14.41. **DT (a):** 1 Small 46.05; 2 T Needham (Nene V) 34.14. **HT (a):** 1 Small 49.63; 2 S Hillier (BA) 35.20. **JT (b):** 1 J Eastwood (Wok) 42.48; 2 R Williams (Padd W) 34.48

M55

400 (a): G Lustig (B&H) 62.80.

M60

1500 (a)/3000 (a): P Newton (Ports) 5:14.48/11:05.38. **5000 (b):** M Duff (AFD) 20:36.21. **TJ (b):** D Haines (Fleet) 9.08. **SP (a)/DT (a)/HT (a):** J Gilbert (Inv EK) 10.88/34.25/37.48. **JT (b):** D Kuester (Bic) 38.35

M65

100 (1.0) (a)/400 (a): A Carter (E&H) 13.97/71.15. **5000 (b):** A Lang (Rane) 21:24.08. **HJ (b):** A Bateman (Win) 1.45. **SP (a)/DT (a):** C Brand (B&B) 1.78/37.85

M70

800: J Cullingham (Read) 3:10.90. **5000:** 1 Cullingham 22:46.39; 2 B Shave (Herne H) 22:54.19. **SP (a):** P Barber (Camb H) 7.94. **DT (a):** 1 Barber 28.80; 2 P McEvoy (Lon I) 28.42. **HT (a):** 1 Barber 41.06; 2 McEvoy 39.13

M75

SP (a)/DT (a): I Briggs (RSB) 7.77/24.70

Women

W35

200 (-1.2) (b): A Davoile (Ports) 29.00. **1500 (a):** B Pritchett (WG&EL) 4:46.77. **3000 (a):** J Cooper (Gard CR) 10:30.55. **5000 (b):** L Emmett (Norw) 19:12.61

W40

3000 (a): J Clarke (Norf G) 10:24.09. **80H (0.8) (a):** 1 D Copping (M&M) 14.72; 2 C Pates (Bex) 15.63. **HJ (b):** C Pates (Bex) 1.48. **LJ (a):** Pates 4.53w. **SP (a)/DT (a)/HT (a):** J Davidson (Worth) 10.24/33.29/44.76. **JT (b):** Pates 24.82

W45

100 (5.3) (a): L Talbert (Thurr) 13.65. **200 (-1.2) (b):** A Wallace (Ports) 30.25. **400 (a):** 1 Talbert 63.20; 2 Wallace 66.58. **800 (b):** 1 L Felton (Hav M) 2:32.45; 2 E Batty (Inv EK) 2:36.11. **1500 (a):** Batty 5:16.70. **5000 (b):** G Duckworth (L Buzz) 19:00.49. **LJ (a):** C Young (IoW) 4.14w. **DT (a)/HT (a):** B Simpson (B&B) 27.88/31.89

W50

200 (b): E McMahon (E&H) 13.96. **80H (0.8) (a):** McMahon 13.52.

W55

1500 (a): L Newton (Ports) 6:12.04. **HT (a):** L Shrosbree (E Vets) 37.47. **JT (b):** D Williams (Padd W) 19.49

W60

July 24

NORWICH UNION U23 INTERNATIONAL

SportCity, Manchester

OF THE many hundreds of athletes buffeted by strong winds and chilled to the bone at Manchester's new Regional Athletics Arena, you won't hear too many words of complaint from Nathan Douglas, *Trevor Batxer reports*.

This international was the fourth meeting in almost as many weeks at SportCity and all have been plagued by inclement weather.

However, Douglas rose to the occasion spectacularly at the Olympic trials when he booked his ticket to Athens with a superb triple jump victory.

The former English Schools' champion could not repeat his heroics of a lifetime best qualifying mark of 16.95m but the British team captain led by example to win the competition here with a more modest 15.89m.

And while conditions were hardly conducive to outstanding performances, 21-year-old Daniel King provided one in the 5km walk.

The AAA champion established a 20:11.35 personal best at the trials and defeated his brother by more than half a minute.

On this occasion both broke 20 minutes – as did Italian Daniele Paris – with just four hundredths separating the pair.

It was also a happy return to Manchester for Emeka Udechuku as he followed his trials triumph over Carl Myerscough to win the discus competition taking part as a guest. The Woodford Green athlete recorded a creditable 61.91m.

Despite victories for Douglas and King, it was Germany who won this triangular international. Sebastian Ernst, with just a 0.4mps wind reading in his favour, raced to victory over 200m in 20.47 – half a second faster than Chris Lambert's winning trials run.

Ernst's compatriot Fabian Schulze convincingly won the pole vault with a 5.50m clearance. But he then withdrew from the competition because he was too cold!

Like men's skipper Douglas, women's captain Jeanette Kwakye, fourth at the AAA Championships, led by example. Kwakye clocked 11.92 to win the 100m with Laura Turner, competing as a guest, only one hundredth behind.

Anyika Onuora, second counter in the 100m, ran as a guest in the 200m and defeated the rest of the field.

SportCity proved home from home for Sara McGreavy. The Sale Harriers Manchester sprint-hurdler won in a personal best of 13.60.

If the Brits did well on the track, the Germans monopolised the field events, winning every one in the women's match, including the hammer with a throw of 70.15m by Betty Heidler.

Not surprisingly, Germany clinched the women's competition and also the overall aggregate.

MATCH: 1 Germany 298; 2 Great Britain & NI 267; 3 Italy 207

Men

MATCH: 1 Germany 147.5; 2 Great Britain & NI 132; Italy 103.5

100 (-1.5): 1 T Edgar (GBR) 10.8; 2 M Broening (GER) 10.9; 3 A Rocco (ITA) 10.9; 4 J Riparelli (ITA) 11.0; 5 A Matthews (GBR) 11.1. **Inv (0.7):** 1 T Abeyie (gst) 10.51; 2 A Anceschi (ITA) 10.67; 4 F Collymore (gst) 10.81; 4 A Ademuyewo (gst) 11.07. **200 (0.4):** 1 S Ernst (GER) 20.47; 2 Abeyie (GBR) 20.92; 3 M Scalpelli (ITA) 21.17; 4 Ademuyewo (GBR) 21.54; 5 Anceschi (ITA) 21.78; 6 R Buck (gst, U20) 21.95; 7 M Moritz (GER) 22.13. **400:** 1 H Kleinwort (GER) 47.36; 2 C Williams (GBR) 47.43; 3 T Ruch (GER) 47.49; 4 A Steele (GBR) 47.62; 5 J Marin (ITA) 47.97; 6 F Moscatelli (ITA) dq. **800:** 1 J Nasrat (GBR) 1:49.02; 2 D Moss (GBR) 1:49.80; 3 A Freimann (GER) 1:50.72; 4 M Agius (ITA) 1:50.82; 5 L Baldi (ITA) 1:52.35; 6 C Moormann (GER) 1:52.98. **1500:** 1 A Baddeley (GBR) 3:42.41; 2 C Caliandro (ITA) 3:42.86; 3 C Warburton (GBR) 3:44.44; 4 P Schulz (GER) 3:47.49; 5 R Kiess (GER) 3:53.37; 6 S Tezzon (ITA) 4:03.86. **3000:** 1 S Scaini (ITA) 8:11.39; 2 S Uliczka (GER) 8:14.01; 3 J Schmitt (GER) 8:15.62; 4 F Bona (ITA) 8:17.93; 5 P Nicholls (GBR) 8:20.52; 6 A Ford (GBR) 8:27.73. **110H (-0.9):** 1 W Sharman (gst) 14.01; 2 A Scott (GBR) 14.15; 3 A Mainini (ITA) 14.17; 4 T Anthony (GBR) 14.24; 5 W Mathiszik (GER) 14.38; 6 D Girdler (gst) 14.54; K Doskoczynski (GER) dnf; A Cocchi (ITA) dq. **400H:** 1 C Duma (GER) 50.91; 2 D Busch (GER) 51.46; 3 R Brackstone (GBR) 51.88; 4 R Smith (GBR) 52.40; 5 J Christie (gst) 52.58; 6 S Bontumasi (ITA) 52.85; 7 R Donati (ITA) 54.79; B Sumner (GER) dnf. **HJ:** 1 F Campioli (ITA) 2.15; 2 S Hafner (GER) 2.10; 3 T Parsons (GBR) 2.10; 4eq M Macor (ITA)/M Haverney (GER) 2.05; 6 M Aram (GBR) 2.00. **PV:** 1 F Schulze (GER) 5.50; 2 E Formichetti (ITA) 5.00; 3 M Christie (GBR) 4.90; 4 R Hurren (GBR) 4.90; 5 T Muller (GER) 4.70. **LJ:** C Kaczmarek (GER) 7.69/-0.4; 2 J Moore (GBR) 7.50/-0.5; 3 J Thornell (AUS, gst, U20) 7.49/1.3; 4 R Childs (GBR) 7.44/1.3; 5 S Nowiak (GER) 7.37/1.7; 6 A Giacomi (ITA) 7.24/0.7; 7 D del Brocco (ITA) 6.98/1.5. **TJ:** N Douglas (GBR) 15.98/0.3; 2 D Kohle (GER) 15.80/1.2; 3 G Gasperini (ITA) 15.40/0.5; 4 P Ferdinand (GBR) 15.22/0.4; 5 G Caliva (ITA) 14.33/0.0; 6 N Hermann (GER) 114.30/0.4. **SP:** 1 P Barth (GER) 18.39; 2 R Dippl (GER) 17.30; 3 M di Maggio (ITA) 15.89; 4 L Zanin (ITA) 15.29; 5 N Vince (GBR) 14.88; 6 R Bate (GBR) 13.86. **DT:** 1 E Udechuku (gst) 61.91; 2 A Porth (GER) 56.67; 3 S Hordt (GER) 55.32; 4 A Buhari (gst) 51.04; 5 R Favilli (ITA) 50.56; 6 M Zitelli (ITA) 48.24; 7 J Lamb (GBR) 48.04; 8 G Hagan (GBR) 46.45. **HT:** 1 J Rautenkranz (GER) 69.79; 2 T Kahlmeyer (GER) 68.26; 3 C Saggers (GBR) 64.36; 4 M Marussi (ITA) 63.16; 5 V Votoni (ITA) 60.75; 6 K Chester (GBR) 57.45; 7 Bate 53.80. **JT:** 1 S Steding (GER) 73.84; 2 A Lovett (GBR) 72.35; 3 D Parker (gst) 69.53; 4 T Haber (GER) 67.47; 5 A van der Merwe (GBR) 65.49; 6 C Favi (ITA) 63.42; 7 M Marussi (ITA) 31.34. **5kmW:** 1 Dominic King (GBR) 19:57.91; 2 Daniel King 19:57.95; 3 D Paris (ITA) 19:58.45; 4 J Nkouloukdi (ITA) 20:15.44; 5 A Katzinski (GER) 20:18.79; 6 H Tonat (GER) dq. **4x100:** Germany 39.91; 2 Italy 40.65; 3 Great Britain & NI 41.00 (Matthews, Collymore, Ademuyewo, Abeyie). **4x400:** 1 Germany 3:08.93; 2 Great Britain & NI 3:11.63 (Brackstone, Nasrat, Smith, Steele); 3 Italy 3:12.97

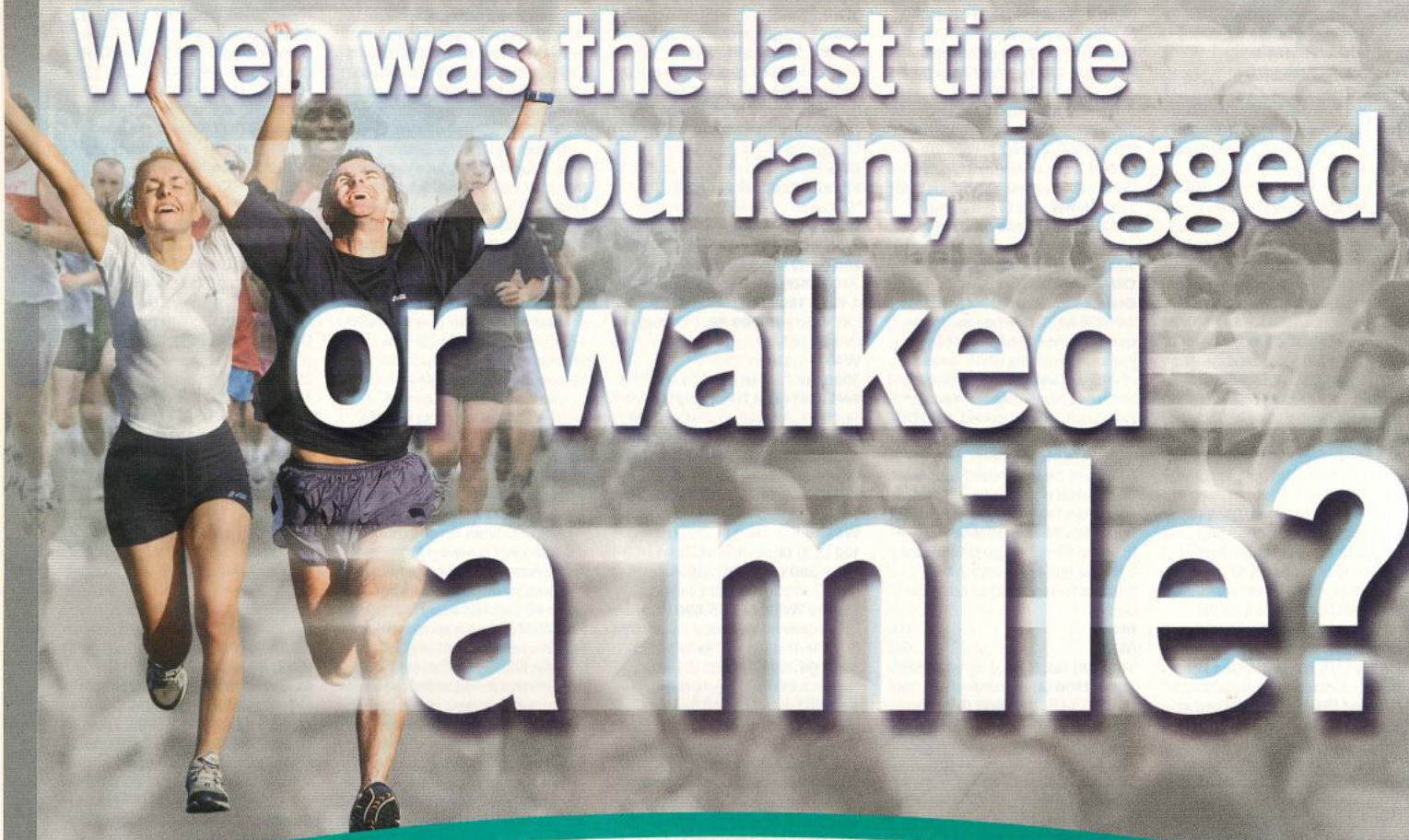
Women

MATCH: 1 Germany 150.5; 2 Graat Britain & 135; 3 Italy 103.5

100 (-2.9): 1 J Kwakye (GBR) 11.92; 2 L Turner (gst) 11.93; 3 A Onuora (GBR) 12.09; 4 K Habel (GER) 12.09; 5 M Stade (GER) 12.40; 6 F Zanette (ITA) 12.40; 7 L Morana)ITA) 12.43. **200 (-2.0):** 1 Onuora (gst) 24.03; 2 J Kedzierski (GER) 24.23; 3 L Miller (GBR) 24.44; 4 Turner (GBR) 24.75; 5 M Hassell (GER) 24.88; 6 D Tomasini (ITA) 24.99; 7 A Berti (ITA) dq. **400:** 1 N Balkow (GER) 54.02; 2 K Wall (GBR) 54.25; 3 K Evans (GBR) 54.34; 4 R Irwin (AUS, gst) 54.49; 5 U Ellecosta (ITA) 54.49; 6 L Kettenis (GER) 55.15; 7 M Rosati (ITA) 55.18. **800:** 1 M Okoro (GBR) 2:05.58; 2 K Trauth (GER) 2:06.82; 3 A Finesso (ITA) 2:07.02; 4 C Snelgrove (gst) 2:07.04; 5 L Di Grazia (ITA) 2:07.41; 6 K Marxen (GER) 2:08.19; 7 D Barnes (gst, U20) 2:08.21; 8 H Whitmore (GBR) 2:10.80. **1500:** 1 A Moldner

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David Lloyd great mile run 2004



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(GER) 4:18.23; 2 J Goldfuss (GER) 4:19.03; 3 F Fullerton (GBR) 4:21.07; 4 A Rinicella (ITA) 4:21.64; 5 A Tschurstchenthaler (ITA) 4:23.20; 6 A Joel (GBR) 4:31.23. **3000SC:** 1 J Ankier (GBR) 10:17.93; 2 G Robaudo (ITA) 10:21.50; 3 C Entwhistle (gst) 10:26.76; 4 B Parker (GBR) 10:45.45; 5 C Sampietro (ITA) 10:50.56; 6 S Schleifer (GER) 10:56.04; 7 B Ellis (gst) 11:01.52; 8 K Moller (GER) 11:21.09. **100H (-1.4):** 1 S McGreavy (GBR) 13.60; 2 J Ritz (GER) 13.68; 3 S Walls (GBR) 13.74; 4 M Cataneo (ITA) 13.84; 5 K Hodl (GER) 14.02; 6 S Franzon (ITA) 14.31. **3000:** 1 S Le Barbera (ITA) 9:08.10; 2 B Le Barbera (ITA) 9:10.13; 3 C Fagan (GBR) 9:26.15; 4 J Wright (GBR) 9:34.54; 5 R Schunrrenberger (GER) 9:53.64; 7 A Schnabel (GER) 10:05.05. **400H:** 1 J Higendorf (GER) 58.21; 2 N Sanders (GBR) 58.28; 3 S Scott (GBR) 59.95; 4 D Cionfrini (ITA) 60.20; 5 K Grob (GER) 60.35; 6 D Bindi (ITA) 60.96; 7 A Rees (gst) 60.97. **HJ:** 1 A Friedrich (GER) 1.85; 2 E Brambilla (ITA) 1.76; 3 N Clark (GBR) 1.76; 4 R Lamera (ITA) 1.76; 5eq A Wilson (GBR)/1.71. **PV:** 1 S Langhirt (GER) 4.05; 2 K Dennison (GBR) 3.90; 3 A Battke (GER) 3.75; 4 K Maguire (GBR) 3.75; 5eq S Semeraro (ITA)/F Zanni (ITA) 3.60; 7 H Olson (gst, U17) 3.60. **LJ:** K van Buhren (GER) 6.23/1.3; 2 H Paxton (GBR) 6.07/1.1; 3 G Cooke (GBR) 5.86/0.4; 4 K Demut (GER) 5.82/0.4; 5 V Canella (ITA) 5.77/1.7; 6 E Zaneli (ITA) 5.54. **TJ:** 1 Demut 13.08/1.1; 2 M Magnarini (ITA) 12.94/0.5; 3 S Fabris (ITA) 12.73/1.9; 4 M Schlachter (GER) 12.58/0.6; 5 Z Ceesay (GBR) 12.15/0.5; 6 A Croad (GBR) 11.83/0.3. **SP:** 1 P Lammert (GER) 16.46; 2 C Rosa (ITA) 16.25; 3 J Wiechmann (GER) 15.95; 4 R Peake (GBR) 14.84; 5 P Hendriks (GBR) 14.20; 6 V Montalbetti (ITA) 13.00. **DT:** 1 U Giesa (GER) 56.77; 2 R Logsch (GER) 55.89; 3 C Smithson (GBR) 53.96; 4 V Aniballi (ITA) 48.74; 5 C Griss (GBR) 48.72; 6 B Cesar (ITA) 45.36. **HT:** 1 B Heidler (GER) 70.15; 2 K Klaas (GER) 68.01; 3 L Brannan (gst) 57.20; 4 L Douglas (GBR) 55.73; 5 E Palmieri (ITA) 54.86; 6 M Montelpare (ITA) 49.92; 7 S Deacon (GBR) 44.37. **JT:** 1 M Rittweg (GER) 56.22; 2 D Janke (GER) 55.82; 3 H Mounteney (GBR) 45.39; 4 V Seimonte (ITA) 42.94; 5 M Perenzin (ITA) 40.95; 6 C Doran (GBR) 36.44. **3kmW:** 1 S di Vincenzo (ITA) 13:08.13; 2 V Garofalo (ITA) 13:26.37; 3 U Sischka (GER) 13:49.63; 4 R Mersh (GBR, U17) 14:18.93; 5 J Jackson (GBR) 14:25.96; 6 C Hensel (GER) 14:41.80. **4x100:** 1 Great Britain & NI 45.41 (Turner, Onuora, D Norville, Kwakye); 2 Germany 45.76; 3 Italy 46.19. **4x400:** 1 Great Britain & NI 3:36.48 (Sanders, Okoro, Miller, Evans); 2 Germany 3:38.15; 4 Italy 3:44.80

NOTTS MINI LEAGUE
Mansfield

U15 boys
200: 1 A Pearson (Notts) 25.0; 2 D Jacobs (Mans) 25.2. **1500:** A Reid (Mans) 4:28.3. **HJ:** Pearson 1.65

U15 girls
200: L Wright (Notts) 27.1. **LJ:** A Monks (Mans) 4.94

U13
1000: S Harrison (Mans) 3:26.2. **4x100:** Notts 58.0

HERNE HILL OPEN
Tooting Bec

Men
400: J McCulloch (K&P, U20) 50.9; 2 D Lavipour (High, U20) 51.6. **800**: 1 K Quinn (AFD) 1:54.6; 2 C Hrnkau (Bed C) 1:59.2; 3 P Downie (Newk) 1:59.4 ... 7 K Daniel (B&B, M50) 2:13.0. **1500**: 1 P Canavan (S Lon, U20) 4:05.2; 2 A Greenway (Herne H) 4:05.5; 3 M Bristow (B&H) 4:07.6 ... 12 E Baker (S Lon, W) 4:30.3 ... 14 B Attwell (S Lon, M50) 4:34.5; 15 M Mann (Herne H, M55) 4:44.0; 16 F Clark (Craw, W) 4:44.7. **2000SC**: A Wray (Harrow) 6:17.1. **3000**: 1 V Maughn (Herne H, M40) 9:22.6 ... 3 M Mann (Herne H, M55) 10:00.2

Vets
200: K Sankofa (Herne H, M40) 24.6. **B:** 3 M Baker (HW) 24.7 ... 5 G Pope (Croy, M55) 27.2. **PV**: M Joyce (K&P, M60) 2.40

U20
100: 1 K Tejan-Cole (Herne H) 11.3; 2 A Williams (Herne H) 11.5. **200**: Tejan-Cole 23.0

U17
100: 1 E Bamfo (Herne H) 11.4; 2 B Robinson (Herne H) 11.7. **200**: 1 A Babb (VP&TH) 23.5; 2 R Nugent (HW) 23.9. **B**: 1 Bamfo 23.4; 2 Robinson 23.9. **100H**: D Driver (S Lon) 14.7. **HJ**: D Muimui (Herne H) 1.90

U15
100: 1 R Prescod (Herne H) 12.5; 2 B McDaniel (S Lon, U13) 13.8. **200**: T Harris (Herne H) 25.5. **JT**: F Eccleston (Herne H) 38.54

U13
200: 1 J Dada (Herne H) 28.2; 2 B Dredge (Herne H) 28.5. **HJ**: N Quiney (S Lon) 1.45. **LJ**: 1 B McDaniel (S Lon) 4.68; 2 Quiney 4.48. **SP**: T Francis (K&P) 9.47. **JT**: J Fairclough (Herne H) 30.48

Women
100: M Watson (Herne H) 12.9. **400**: 1 C Nichols (Woking) 59.1; 2 C Aitken (TVH) 59.6. **800**: 1 F Clark (Craw) 2:16.1; 2 H Tolcher (Herne H) 2:17.9; 3 L Brown (Bas) 2:20.2. **1500**: H Lockyer (Ports) 4:59.0. **LJ**: 1 H Cone (TVH) 5.47; 2 K Ejifor (Herne H, U17) 5.22

U17
SP: B Phillips (Herne H) 11.01. **JT**: 1 J Dodd (Herne H) 38.89; 2 Phillips 32.81

U15
200: M Franka (Herne H) 26.3. **LJ**: H Lester (K&P) 4.64

U13
HJ: A Crace (Herne H) 1.35. **LJ**: T Wilson (Herne H) 4.18

BIRMINGHAM UNIVERSITY 10,000M RACES
Birmingham University

GEMMA PHILLIPS of Kendal started out as a pacemaker but carried on for the full 25 laps to set a personal best by some 90 seconds. She clocked 34:50.2, having covered the second 5km in 16:50.2.

South Africa's Piet Jacobs won the men's race in 29:21.9, comfortably ahead of Bedford & County's Huw Lobb.

Men
10,000: 1 P Jacobs (Lon Hth/RSA) 29:21.9; 2 H Lobb (Bed C) 29:49.8; 3 R Birchall (Notts) 30:27.2; 4 D Norman (Alt) 30:35.0; 5 P O'Callaghan (SSH, M40) 30:38.4; 6 J McFarlane (THH) 30:46.3

Women
5000 (held within 10,000m): 1 A Wilkinson (Birm U) 18:00.20.
10,000: 1 G Phillips (Kend) 34:50.2; 2 K Wood (Stock, W35) 36:40.5; 3 J Murray (Stock) 37:38.4

MIDLAND COUNTIES SENIOR INTER-TERRITORIAL MATCH
Solihull

Men
MATCH: 1 South of England 171.5; 2, Midland Counties 115; 3 North of England 114.5
100 (-2.0): 1 G Eastman (S) 10.83; 2 R Moseley (S) 10.85; 3 S Barnes (M) 10.92; 4 J McNeil (M) 11.09; 5 G Jones (N) 11.09; 6 D Scott (gst) 11.15; 7 D Topliss (gst) 11.28; 8 A Aplin (gst) 11.41. **200 (-2.3):** 1 R Scott (M) 21.77; 2 A Charlton (S) 22.00; 3 D Scott (N) 22.20; 4 S Barnes (M) 22.34; 5 F Wright (S) 22.40; 6 A Aplin (gst) 22.53; 7 P Ellershaw (gst) 23.42. **400:** 1 A Fernandez (S) 47.23; 2 L Grant (S) 47.97; 3 J Stewart (N) 48.09; 4 R Tabares (M) 48.31; 5 A Wilkinson (N) 49.09. **800:** 1 C McCourt (S) 1:53.71; 2 G Massingham (N) 1:53.83; 3 C Bolt (S) 1:53.87; 4 M Barrett (M) 1:54.15; 5 S Evison (N) 1:55.76; 6 A Vanderberg (gst) 1:56.00. **1500:** 1 M Warmby (gst) 3:50.5; 2 M Barnes (N) 3:50.6; 3 R Watkinson (N) 3:50.6; 4 P Miles (M) 3:51.7; 5 M Almond (M) 3:57.8; 6 T Penfold (S) 3:58.9; 7 D Dalmedo (S) 3:59.0. **3000:** 1 S Deakin (N) 8:19.85; 2 M Janes (S) 8:20.79; 3 M Ashton (S) 8:24.55; 4 G Lee (M) 8:53.93. **3000 (Midland Champs):** 1 M Whitehouse (Bir) 8:21.25; 2 J Hayden (Notts) 8:27.61. **3000SC:** 1 A Hennessy (S) 9:23.11; 2 G Comish (N) 9:26.26; 3 T Woodthorpe (M) 9:46.93; 4 S Millward (N) 10:08.08. **110H (-1.3):** 1 D Malins (S) 14.59; 2 L Tindall (S) 15.38; 3 E Dunford (M) 15.50. **400H:** 1 R Scott (S) 53.51; 2 J Deacon (N) 53.83; 3 E Harrison (S) 54.51; 4 J Bell (M) 55.02; 5 Daniel Everett (M) 55.23; 6 T Grantham (N) 55.68. **HJ:** 1 M Whitehouse (S) 2.05; 2 J Brierley (M) 2.00; 3 J Creighton (N) 2.00; 4 O Sweeney (S) 2.00; 5 A Gallie (N) 2.00; 6 J Thomas (M) 1.95. **PV:** 1 A Richardson (N) 4.80; 2 C North (M) 4.80; 3 C Mills (S) 4.80. **LJ:** 1 S Phillips (M) 7.23/1.3; 2 A Phillips (S) 7.19/0.5; 3 A Staniland (N, U20) 7.02/0.3; 4 N Dowsett (S) 6.82/0.3; 5 S Nash (gst) 6.59/0.4; 6 R Skedd (gst) 6.42. **TJ:** 1 D Mountford (M) 15.12/-1.7; 2 M McKernan (Bir) 14.95/0.0; 3 J Golley (S) 14.86/1.5; 4 A Mattis (M) 14.51/-0.8; 5 C Campbell (S) 14.51/1.0; 6 G Matthews (N) 14.35/1.9; 7 J Best (N) 13.71/-0.8. **SP:** 1 M Gouldbourne (N) 17.00; 2 N Owen (S) 15.03; 3 A Soalla-Bell (S) 15.01; 4 A Thomas (M) 14.87; 5 J Nicholls (N) 14.38; 6 D Brunt (gst) 14.03; 7 E Dunford (M) 13.93. **DT:** 1 L Rosenberg (S) 52.42; 2 Gouldbourne 52.02; 3 Thomas 45.70; 4 C Howe (S) 37.65; 5 R Skedd (N) 37.00. **HT:** 1 M Floyd (N) 66.94; 2 S Bown (S) 66.53; 3 M Bell (M) 60.00; 4 C Howe (S) 58.64; 5 S Minnikin (N) 57.34; 6 C Ellams (M) 52.97. **JT:** 1 N McLennan (S) 66.21; 2 T Dobbing (M) 65.66; 3 I Burns (N) 62.85; 4 S Bennett (S) 62.06; 5 G Plunkett (N) 62.04; 6 M Tarran (M) 60.13; 7 L Karagounis (M) 58.42. **4x100:** 1 South 42.38; 2 Midlands 42.40. **4x400:** 1 South 3:15.46; 2 North 3:15.92; 3 Midlands 3:18.99. **3kmW:** 1 Luke Finch (M, U20) 12:47.50; 2 M Williams (M) 12:53.02; 3 A Goudie (S) 13:42.59; 4 D Butterley (N) 14:55.48.

Women
MATCH: 1 South of England 141; 2, Midland Counties 134; 3 North of England 93
100 (-2.9): 1 S Deacon (N) 11.93; 2 D Maylor (M) 12.17; 3 A Ceesay (S) 12.21; 4 S Scott (S) 12.21; 5 E Bailey (M) 12.41; 6 M Morganella (N) 12.76. **Invit (-1.9):** 1 K Thomas (Sale) 11.92; 2 T Nelson (Sale) 12.08; 3 L Eastman (Tel) 12.37; 4 A Woodman (Bir) 12.59; 5 D Shorthouse (Notts) 13.44. **200:** 1 S Deacon (N) 24.02; 2 K Endacott (Sale) 24.39; 3 H Pryer (S) 24.46; 4 A Ceesay (S) 24.94; 5 B Wilson (N) 25.09; 6 S Robinson (M) 25.54; 7 H Frost (M) 26.19. **Invit (-1.8):** 1 Nelson 24.47; 2 Thomas 24.54; 3 J Pratt (WG &EL) 25.08; 4 V Barr (unatt) 25.39; 5 Morganella 25.80; 6 H Roscoe (Sale) 26.11; 7 Shorthouse 27.54. **400:** 1 L Owusu (S) 54.23; 2 N Bowring (S) 55.71; 3 S Gumbs (M) 56.25; 4 V Griffiths (N) 56.50; 5 K Goodwin (N) 57.03; 6 L Langowski (gst) 57.14; 7 L Parry (M) 57.86; 8 H Barlow (gst) 58.43. **800:** 1 K Harewood (M) 2:07.08; 2 M Hutchison (S) 2:10.36; 3 C Robson (N) 2:11.03; 4 A McConnell (M) 2:11.37. **1500:** 1 L Kenney (M, U20) 4:26.52; 2 S Morris (M) 4:27.72; 3 R Waller (N) 4:30.62; 4 C Murphy (N) 4:37.22; 5 G Marrs (gst) 4:39.64. **3000:** 1 T Brown (M) 9:29.4; 2 N Woods (M) 10:09.3. **3000 (Midland Champs):** 1 T Brown (Cov) 9:29.4; 2 Jane Potter (Charn) 9:36.0; 3, Juliet Potter (Charn) 9:36.8; 4 K Thomas (Cov) 9:55.1; 5 J Brewer (Chelt) 10:07.5; 6 C Veysey (Tip) 10:18.1; 7 L Fanner (Ox U) 10:27.5; 8 E Middleton (Charn) 11:12.2. **100H (-3.0):** 1 J Pratt (S) 13.92; 2 T Stephens (gst) 14.17; 3 J Molloy (S) 14.39; 4 C Pearson (M) 14.40; 5 H Worsey (M) 14.42; 6 K Read (N) 14.88; 7 G Smith (N) 15.01. **400H:** 1 M Thomas (M) 59.87; 2 C Heafford (S) 60.34; 3 R Brereton (S) 60.84; 4 L Curtis (N) 62.62; 5 N Hooper (M) 65.40. **HJ:** 1 J Bennett (S) 1.80; 2 B Aloysius (M/IND) 1.80; 3 M Dunkley (M) 1.80; 4 K Brewington (S) 1.70; 5 A Wallace (gst) 1.70; 6 E Morris (N) 1.70; 7 C Wright (N) 1.65. **PV:** C Neve (N) 3.60; 2 H Smith (M) 3.50; 3 C McRae (S) 3.50; 4 R Failess (N) 3.00. **LJ:** 1 K Brewington (S) 5.77/0.3; 2 S Wellstead (S) 5.75/1.8; 3 A Woodman (M) 5.68/3.4; 4 L Bloor (N) 5.60/2.9; 5 S Roberts (M) 5.50/0.5; 6 E Smith (N) 5.48/3.2; 7 C Dale (R&N) 5.27; 8 K Turner (unatt) 5.14. **TJ:** 1 M Griffith (S) 13.45; 2 K Turner (gst) 12.24; 3 C Stead (S) 12.15; 4 J Straker (N) 11.77; 5 A Kelly (M) 11.72; 6 C Dale (R&N) 11.52; 7 S Barry (M) 11.27; 8 R Fairless (N) 10.37. **SP:** 1 J Duncan (S) 15.18; 2 E Gattrell (S) 13.85; 3 K Nwidobie (N) 13.28; 4 E Cank (M) 12.46; 5 J Hollman (M) 12.23; 6 E Beales (gst) 11.27; 7 K Crowther (N) 8.77. **DT:** 1 S Newman (S) 55.88; 2 E Cank (M) 49.10; 3 E Merry (M) 47.10; 4 K Nwidobie (N) 45.93; 5 N Dhaliwal (SB) 44.84; 6 E Beales (S) 44.29; 7 J John (gst) 38.25. **HT:** 1 S Roberts (N) 59.66; 2 Z Derham (M) 58.52; 3 L Pidgeon (S) 58.11; 4 J John (S) 52.05; 5 S Holt (N) 49.89; 6 E Gatrell (gst) 39.77; 7 J Lander (M) 35.90; 8 B Sewell (gst) 33.47. **JT:** 1 J Chapman (S) 42.34; 2 S Mohammed (N) 40.72; 3 R Semenytsh (S) 36.06; 4 V James (M) 35.90. **4x100:** 1 Midlands 46.71; 2 North 46.77. **4x400:** 1 Midlands 3:48.69; 2 South 3:50.05; 3 North 3:54.73. **3kmW:** 1 K Horwill (M) 14:20.50; 2 J Hesketh (S) 15:29.0.

VETERANS NORTH EAST LEAGUE
Jarrow

M40
HJ: B Robertson (NSP) 1.62. **TJ:** D Dixon (Bord) 12.79

M45
TJ: J Evans (H&P) 11.33. **DT:** D Maggs (Gate) 30.90

M50
DT: 1 P Gordon (Gate) 48.90; 2 J Wild (R&Z) 41.54. **JT:** Wild 32.41

M55
5000: M McNally (Els) 17:28.8.
DT/JT: T Hudson (J&H) 36.24/32.14

M60
100: P Rowell (NE Vets) 14.2. **DT/JT:** G Wood (Dur) 27.74/22.89

M65
800: G Smith (Gate) 2:45.9

M70
100: B Parnaby (NE Vets) 15.9.
3000: E Appleby (Heat) 13:01.0.
DT/JT: D Field (Sun) 31.70/28.78

M75
DT/JT: R Laidler (Sun) 26.62/21.20

W40
800: J Battersby (Elvet) 2:30.0

W50
DT/JT: F Crompton (Rown) 20.50/23.67

MID LANCS LEAGUE
Lancaster

Men
MATCH – Division One: 1 Blackpool & Fylde 277.5; 2 Liverpool H 192.5; 3 Hyndburn 156; 4 Preston H 94.5; 5 Southport Waterloo 89
Division Two: 1 Lancaster & Morecambe 147; 2 Burnley 136; 3 Preston H 103
100: C Kayes (Liv H) 11.3. **200:** D Whittaker (Burnley) 22.4. **SP/DT:** G Myerscough (B&F) 13.28/38.31

U17
100 r1: 1 L Simpson (Pend) 11.3; 2 S Sumner (Hynd) 11.6. **r2:** B Devine (Liv H) 11.7. **200:** 1 Simpson 23.6; 2 Sumner 23.8. **DT:** S Fogg (Liv H) 39.07

U15
100: 1 J Thompson (Barr) 11.9; 2 J Bradbury (L&M) 12.0; 3 M Fairfield (Liv H) 12.3; 4 R Kelshaw (B&F) 12.3; 5 J Harker (Prest) 12.4. **200:** Bradbury 24.9. **HJ:** Kelshaw 1.60. **SP:** 1 S Porter (L&M) 12.17; 2 T Smith (L&M) 12.13. **DT:** Porter 37.74. **HT:** A Reynolds (Liv H) 35.14. **JT:** Smith 40.83

U13
100: J Meredith (Liv H) 13.5. **LJ:** J Davies (B&F) 4.64

Women
MATCH – Division One: 1 Blackpool & Fylde 242; 2 Barrow & Furness 173; 3 Hyndburn 150.5; 4 Liverpool H 104.5; 5 Pendle 61
Division Two: 1 Preston H 195; 2 Burnley 72; 3 Lancaster & Morecambe 61
100: 1 R Hearsum (B&F) 12.8; 2 S Mageean (Prest) 13.0. **1500:** L Gardner (L&M) 4:48.8. **TJ:** N Nwidobie (B&F) 11.04. **SP:** R

BRITISH EUROSPORT Athletics coverage 24-hour Olympic coverage in August

Bashforth (Barr) 10.04. **DT/HT/JT:** J Kelly (Barr) 32.58/33.18/34.00

U17

100: 1 V Shier (B&F) 12.2; 2 L Gillhespy (B&F) 12.5; 3 S Hart (Hynd) 12.9. **200:** 1 Gillhespy 25.6; 2 S Roe (Prest) 26.5. **1500:** Roe 4:52.2. **TJ:** E James (Prest) 10.92. **4x100:** Blackpool & Fylde) 51.2

U15

100 r1: 1 V Collins (B&F) 12.3; 2 E Markendale (Pend) 13.0. r3: 1 L Davies (B&F) 12.7; 2 K Lord (Pend) 13.1. **200:** 1 Markendale 26.7; 2 Lord 27.3. **1500:** K Maunder (B&F) 5:09.3. **HJ:** R Ingham (Prest) 1.45. **LJ:** Markendale 5.03. **SP:** D Bate (Liv H) 9.21. **DT:** K Dwyer (Chor) 26.67

U13

100: 1 S Owen (B&F) 13.5; 2 G McDowell (Barr) 14.0. **200:** 1 McDowell 29.2; 2 L Brennan (S'port W) 29.2; 3 S Hatch (B&F) 29.5. **800:** 1 K Leybourne (B&F) 2:38.5; 2 Brennan 2:39.5. **1500:** G Dykstra (Liv H) 5:20.4. **HJ:** H Dickson (B&F) 1.40. **LJ:** Owen 4.68. **SP:** G Robertson (Prest) 8.39. **4x100:** Blackpool & Fylde 57.6

July 21

WATFORD OPEN GRADED MEETING

Watford

THE two Hayleys in the 1500m are now starting to focus their track attention on the 2006 Commonwealth Games, though in different events as 10,000m hopeful Yelling was never really able to get on level terms with event-specialist Ovens.

The Scot was a grateful recipient of generous pacemaking by Scott Overall that took her 20 metres clear of the rest of the field at one stage and, though she faded slightly in the closing straight, she still had too much for the rest of the field.

Yelling meanwhile had moved circumspectly through the field in the early stages and eventually outsprinted Cardiff's Debbie Jones for a pleasing personal best, proving to coach Conrad Milton the craziness of still being ranked 25th in the world this year for the 10,000m but being unable to board a plane for Athens. She will however appear over 5000m at Crystal Palace this Friday.

Men

100 r1: 1 R Preddy (Glouc) 10.85; 2 R Alleyne (Harr) 11.03; 3 R Harle (Achilles) 11.12; 4 J Alert-Khan (SB, U20) 11.21. **r2:** Butler (WSEH, U20M) 11.06; 2 M Patton (WSEH) 11.14. **r5:** 3 T O'Brien (SB, U15B) 12.00 … 5 G Reddington (WSEH) 12.11. **r6:** 1 J Fenner (Basil, M40) 11.97 … 4 T Augier (SB, U15B) 12.15 … 6 Y Henry (unatt, W) 12.57. **r7:** 5 A Thorne (WSEH) 12.76. **r8:** 1 L Taylor (Barnet, M45) 12.66; 2 R Ali-Jackson (Harlow, U17W) 12.88; 3 R Winthrop (Track Team, U15G) 12.95; 4 R Wilcock (Watf, U15G) 13.02 … 6 L North (Chelms, U15G) 13.18. **200 r1:** 1 Preddy 21.70; 2 Alleyne 22.42; 3 A Vitozzi (Lough S) 22.43; 4 Alert-Khan 23.14; 5 D Lavipour (High, U20) 23.31. **r2:** 2 Winthorp 23.13; 3 C Joseph (WSEH, U20) 23.29 … 6 A Gough (Lut, U17) 23.78; 7 O'Brien 24.01. **r3:** 2 M Arthur (Lon H, U17) 23.53; 3 S Brown (St Alb, U17) 23.75 … 5 M Hashim (SB, U17) 23.87. **r4:** 5 Fenner 24.70 … 8 H Roscoe (Sale, W) 25.93. **r5:** 1 M Weekes (Wat, U15) 24.51; 2 L McNally (Lon H, U15) 24.76 … 7 A Smith (Mil K, U13) 25.98; 8 A Thorne (WSEH, W) 26.18. **r6:** E Kemp (SNH, W) 26.08 … 7 J Skeet (Linc W, U13) 28.46. **r8:** R Winthorp (Track T, U15G) 27.17. **800 r5:** 1 K Mertens (Wok, U15G) 2:21.37 … 4 C Lingley (Chilt, U13) 2:23.22 … 6 H Corbin (Wok, U15) 2:23.79 … 9 F Roberts (D&T, U15G) 2:25.03. **r6:** 1 J Lambert (Mil K, U13) 2:20.32; 2 M Edwards (WSEH), W35) 2:20.92 … 4 N Sutton (W Norf, U15G) 2:23.0; 5 S Burgin (AFD, U15G) 2:23.76 … 9 P Fudge (WSEH, W50) 2:28.51. **r7:** 10 J Skeet (Linc W, U13) 2:21.75; 11 L Wright (BMH, U15G) 2:22.79 … 14 C Gasper (Mil K, U15G) 2:24.88. **r8:** 1 C McCourt (B'mth) 1:51.82; 2 J Tydeman (Basil) 1:53.87; 3 D Quinn (S'end, U20) 1:55.71; 4 M Clarke (Dav) 1:56.24; 5 S Ablitt (AFD) 1:56.60; 6 D Poulton (SNH, U20M) 1:56.64; 7 B Stopher (AFD) 1:56.74; 8 J Hutchins (BMH) 1:57.34; 9 D Fewell (Chelm) 1:57.88; 10 S Hutson (VoA) 1:59.08. **r9:** 1 D Russell (SB, U20M) 1:56.59; 2 P Emmett (IIF, U20M) 1:57.44; 3 M Heys (Hav, U20M) 1:58.31; 4 P Maggy (Mil K, U20M) 1:58.52; 5 J Weaver (S'end) 1:59.21; 6 J Smith (AFD) 1:59.25; 7 M Curson (Read) 1:59.45; 8 L Harper (AFD, U20) 1:59.60; 9 T Wright (Team S) 1:59.85; 10 B Hellmers (NEB, U20) 2:00.29; 11 F Downs (Chilt, U20) 2:01.01; 12 M Baker (Mil K, U20) 2:01.34; 13 P Haines (NEB, U15) 2:02.79. **r10:** 1 A Shaw (S'end, U20) 1:59.92; 2 R Mead (NEB, U20) 2:00.19; 3 B Stock (ESM, U17) 2:00.41 … 9 K Quin (WG&EL) 2:04.01; 10 J Downing (ESM) 2:04.19. **r11:** 1 M Tallis (IIF, U17) 2:00.12 … 10 S Lowe (WSEH, M40) 2:05.99. **r12:** 4 T Nightingale (Mil K, U15) 2:06.41 … 6 P Howarth (Luton, U15) 2:06.77. **r13:** 1 T Emmett (IIF) 2:05.37 … 7 C Roberts (Hunts, U15) 2:09.87 … 9 J Stacey (ESM, U15) 2:10.0. **r14:** 5 L Trimmer (unatt, U15) 2:09.84; 6 M Cousins (Woking, U15) 2:10.14; 7 T Kelk (C&C, U15) 2:10.66. **r15:** 2 S Twell (AFD, U17W) 2:13.89 … 5 R Briggs (WSEH, M50) 2:17.35. **r16:** 1 C Holland (R&N, U20W) 2:19.58 … 5 T Muir (Herts P, U17W) 2:22.78. **3000 A:** 1 B Warren (Hails) 8:24.86; 2 S Ablitt (AFD) 8:33.33; 3 S Hazell (Cov) 8:34.20; 4 C McCourt (B'mth) 8:37.08; 5 M Mashford (AFD, U20M) 8:39.09; 6 R Palmer (Lut) 8:39.96; 7 N Miller (Bed) 8:40.35; 8 L Cox (AFD, U17M) 8:44.98; 9 R Franzese (Harr, U20M) 8:56.84; 10 A Baker (Yeo, U20) 9:03.44; 11 S Blake (AFD, U17M) 9:05.09 … 14 J Shaw (W Suff, U17M) 9:15.69; 15 C Watkins (Luton, U17) 9:15.98 … 21 V Webster (SB, U20W) 9:32.44. **B:** 1 P Bernstein (And, U15B) 9:50.00 … 5 S Preston (AFD, U17W) 10:19.40 … 8 M Smith (Hunts, U13) 10:22.30 … 10 C Willer (Watf, W) 10:27.20 … 17 L Renshaw (IIF, U17W) 10:43.30. **SP:** J Carpel (Bed, U20) 13.75 … B Hatch (Chelms, M55) 11.31, D Johnson (Harr, M50) 10.71. **HT:** S Hynes (ESM, U20W) 49.67; K McConnell (Mil K, U17M) 48.10; F Blacktin (Herts P, W) 46.16 … J Maitland (Herne H, M45) 37.98

B M C

Men

800 A: 1 A Bowden (Harr) 1:50.70; 2 C Bolt (AFD) 1:50.99; 3 G Balch 1:51.17; 4 J McCullagh (K&P) 1:51.31; 5 T Snow (WGEL) 1:51.33; 6 E Jackson (unatt) 1:51.68; 7 M Tucker (AUS) 1:51.87; 8 R Ashe (Harr) 1:52.04; 9 A Tanner (Bed C) 1:52.11; 10 J Parker (Team S) 1:52.25; 11 D Hall (Highgate) 1:52.50; 12 C Lamb (R&N) 1:54.82; 13 M Almond (Cov) 1:56.63. **B:** 1 P Davis (High) 1:54.10; 2 A Knight (Camb H) 1:54.12; 3 S Sterling (Basil) 1:54:28; 4 P Erwood (VoA) 1:54.49; 5 P Winfield (Mil K) 1:54.58; 6 M Sanford (Basil) 1:54.83; 7 M Fallaize (VoA) 1:55.25; 8 I Hough (Sheff) 1:55.48; 9 D Ragan (BMH) 1:55.55; 10 J Mills (B&B) 1:55.98; 11 A Vandenberg (AFD) 1:56.34; 12 T Druce (CI) 1:56.41. **C:** 1 J Hogan (AFD) 1:54.14; 2 D Reader (B&F) 1:55.13; 3 J Scarth (Brack) 1:55.21; 4 A Burles (G&G) 1:55.32; 5 K McCulloch (AFD) 1:55.45; 6 D Bellinger (Ox C) 1:55.53; 7 R Clayton (Worth) 1:55.89; 8 M Wiscombe (Wells/Yeovil) 1:56.29; 9 N Wright (Team S) 1:57.58; 10 R Campbell (High) 1:57.63; 11 G Osborne (AFD) 1:58.13. **1500 A:** 1 T Carter (VoA) 3:48.48; 2 M Ashman (AFT) 3:48.69 3 M Talbot (Notts) 3:48.71; 4 T Bedford (SB) 3:49.11; 5 L Beevor (Luton) 3:49.57; 6 S Omar (ESM) 3:49.83; 7 M Whitehouse (Birch) 3:49.97; 8 P Miles (OWLS) 3:50.05; 9 T Gayle (Stoke) 3:50.09; 10 J Williams (Card) 3:51.24; 11 M Janes (Bed) 3:51.31; 12 O Laws (NEB) 3:51.34; 13 C Lamb (CleS) 3:52.44; 14 C Miles (S'end) 3:53.41; 15 S Plummer (Team S) 3:53.80; 16 D Dalmedo (Bed) 3:54.50; 17 I Boneham (Notts) 3:55.29; 18 A Moses (SB) 3:57.24; 19 A Whetstone (Mil K) 3:57.83. **B:** 1 P Kellie (Glouc) 3:59.07; 2 D Clark (TVH) 4:00.91; 3 L Chandy (TVH) 4:01.30; 4 J Long (WG) 4:01.69; 5 S Delroy (Harr) 4:02.83; 6 A Walsh (Ashf) 4:03.41; 7 B O'Neill (IRL) 4:04.31; 8 E Healy (IRL) 4:06.58; 9 B Kotelo (RSA) 4:06.71; 10 T Commerford (Mil K) 4:06.85; 11 G Wilcox (Mil K) 4:07.16; 12 D May (BMH) 4:07.45.

Women

800 A: 1 R A Galligan (IRL) 2:08.98; 2 H Wood (SSH) 2:09.37; 3 C Plateau (Rad) 2:09.71; 4 Joseph (BMH) 3:10.71; 5 D Oughton (Team S) 2:10.85; 6 L Dowsett (unatt) 2:11.29; 7 S Maude (Charn) 2:12.77; 8 AN Other 407 2:13.17; 9 C Muller (SWI) 2:13.63; 10 E Haley (Chelms) 2:14.14; 11 AN Other 131 2:14.15; 12 J Rhodes (Swin) 2:14.62; 13 K Buchan (M&M) 2:16.38.

B: 1 A Clemantine (AFD) 2:12.17; 2 R Hall (Kett) 2:12.99; 3 S Hopkinson (Glouc, U15) 2:13.63; 4 SA Clayton (Woking) 2:14.99; 5 S Waldron (SB) 2:15.54; 6 H Tolcher (Herne H) 2:15.54; 7 H Stibbs (Basil) 2:26.41; 8 C Reeves (WSEH) 2:17:09; 9 J Dixon (Cwm) 2:17.75; 10 C Woods (Barnet) 2:19.61; 11 M Jones (Woking) 2:21.59. **1500 A:** 1 H Ovens (ESH) 4:18.37; 2 H Yelling (WSEH) 4:21.21; 3 D Jones (Card) 4:22.43; 4 E Sherrard-Smith (Swan) 4:27.42; 5 S Hignett (B'mth) 4:28.25; 6 A Hutchinson (AFD) 4:28.66; 7 S Wilson (WSEH) 4:29.72; 8 L Tanner (Bed) 4:33.38; 9 E Hall (Herts P) 4:33.86; 10 E Pallett 4:34.41; 11 E Adams (AFD) 4:34.69; 12 J Bleasdale (Hill) 4:35.39; 13 C Tarplee (SSh) 4:37.18; 14 L Vyse (Wok) 4:44.56. **B:** 1 J Hicks (Glouc, U13) 4:41.67; 2 S Fensome (SB) 4:42.63; 3 V Tester (Wells) 4:42.97; 4 K Morsear (WG) 4:44.0; 5 L Smith (AFD) 4:47.55; 6 G Hillier (Leic C) 4:48.13; 7 A Starling (SSh) 4:48.27; 8 K Knowles (Corn) 4:48.92; 9 C Scott (Mil K) 4:49.43; 10 E Ferenczi (SB) 4:50.34; 11 H Stanton (Craw) 4:51.65; 12 B Trestor (IRL) 4:57.37; 13 L Hunt (IRL) 4:57.55; 14 S Grosvenor (Rich) 4:58.77

ADIDAS BELGRAVE SPEED GRAND PRIX

Battersea

SAMUEL BAPTISTE emerged as the Grand Prix winner after a well-supported series had seen no fewer than 72 sprinters in action.

There was some speedy action in the 100s where 20-year-old Aussie international Kris Neofytou, disappointed to miss out on Olympic relay selection, socked it to the London-based sprinters. Hakeem Ogunyemi bore the brunt of the onslaught, going down 10.64 to 10.61 in the first round, then raising his game, just got squeezed out for the second time, both clocking 10.56 – just five hundredths off the track record.

James Trapmore was easily the winner of the endurance series although Belgrave's Kassa Tadesse denied him a third race victory by leading home a well-contested 5000m race on a fine evening.

Men

100 (0.8): K Neofytou (AUS) 10.61; 2 H Ogunyemi (E&H) 10.64; 3 D Bignall (E&H) 10.65; 4 M Thomas (NEB) 10.75; 5 C Musa (VP&TH) 11.13. **B (0.7):** 1 N Simpson (B&B) 11.06; 2 J Wood (Harrow) 11.13. **E (0.8):** 6 G Pope (Croy, M55) 13.11. **Rd2 (1.0):** 1 Neofytou 10.56; 2 Ogunyemi 10.56; 3 Thomas 10.73; 4 Simpson 11.04; 5 Musa 11.08. **B (-0.7):** Wood 11.11. **200 (0.8):** 1 L Slue (Harrow) 21.96; 2 Thomas 22.23; 3 Wood 22.89. **800:** 1 A McGarva (ESM) 1:56.46; 2 B Paviour (Serp) 1:58.01; 3 D Marsden (S'oaks) 2:00.16. **5000:** 1 K Tadesse (Belg) 14:32.55; 2 J Blackledge (Belg) 14:50.57; 3 J Trapmore (SB) 14:51.40; 4 S Wurr (Herne H) 15:03.88; 5 W Cockerell (Belg) 15:04.04; 6 J Cordwell (Sheff) 15:07.49; 7 C Sykes (Swin) 15:07.72; 8 N Thatcher (NEB) 15:08.24; 9 K Newton (Herne H, M40) 15:10.91; 10 A Weir (THH) 15:13.29; 11 E Malloch (SB) 15:18.26; 12 J Connor (Kent) 15:19.24; 13 F Meade (G&G) 15:24.95; 14 M Bristow (B&H) 15:25.77; 15 M Brown (B'burn) 15:30.11; 16 N Gates (B&H, M50) 15:33.92; 17 P Mainwaring (G&G) 15:46.54; 18 R Dewhurst (Harlow) 15:48.67; 19 R Karn (Swin) 15:48.78; 20 T Woodthorpe (Notts) 15:51.20; 21 S Paddock (Swin) 15:54.28; 22 K Corpes (AFD) 15:55.85; 23 L Greatorex (Belg) 16:01.22

Women

5000: 1 L Cooper (Belg) 18:23.09; 2 R Townend (Win) 18:31.13; 3 A Lethbridge (E&E) 18:48.46

COMPLETE RUNNER WEST YORKSHIRE LEAGUE

South Leeds

U17 men

200/DT: A Timms (P&B) 23.7/34.45

U13

800: T Sessford (K&C) 2:28.0. **HJ:** W Finelli (Wake) 1.51 (rec)

Women

200: S Punter (Leeds C) 26.6. **SP:** F Thomas (Wake) 11.49

U17

200: J Taylor (Rown) 26.1. **800:** 1 R McGivern (Holm) 2:24.5; 2 A Fulton (Bing) 2:24.6. **DT:** B Staniland (Leeds C) 33.18

U15

200: M Harrison (Wake) 26.9. **800:** 1 H Mayho (Bing) 2:24.0; 2 K McHale (Wake) 2:24.5; 3 J Dobson (Lees C) 2:25.5; 4 J Gregorczyk (Leeds C) 2:26.3; 5 R Devney (Leeds C) 2:27.5

League leaders – men: R Higson-Blyth (Wake) 47

TEAM: 1 Wakefield H 485; 2 Spenborough 269; 3 Pudsey & Bramley 249; 4 Leeds City 192

Women: Punter 75

TEAM: 1 Leeds City 460; 2 Wakefield H 387; 3 Holmfirth H 260; 4 Nestle Rowntree 199

CHELTENHAM MIDSUMMER OPEN

Men

100: D Morgan (Bris) 11.2. **200:** 1 M Ledbury (Bath) 22.3; 2 C McEwan (Newp) 22.8. **800:** M Roberts 1:58.9. **1500:** 1 J Brewer (Chelt, U17) 3:59.4; 2 D Lewis (RAF) 4:02.9 … 5 A Rymer (Durs) 4:10.9. **PV:** 1 J Bayliffe (Chelt) 3.95 … 3 J Slee (Chelt) 2.10. **HT:** 2 J Deaton (Salis) 28.97

U20

HT: 1 S Penny (Chelt) 46.45; S Winchcombe (Chelt, U17) 40.10

U17

JT: 1 J Campbell (Chelt) 61.94; 2 J Filer (Bris) 53.17; 3 T Amphlett (Chelt) 50.65

U15

200: N Constantino (FoD) 24.7. **800:** 1 M Withey (Stroud) 2:11.3; 2 E Cross (FoD) 2:11.5. **HT:** 1 A Warner (Chelt) 34.55. **JT:** 1 M Miles (Wit, M50) 30.58

Women

100mx: 3 E Marple (Newp) 12.3.

200: 1 Marple 25.4; 2 B Slaymaker (Newp) 26.2; 3 K Doherty (Chelt) 26.4; 4 V Parnell (Chelrt) 26.5.

800mx: 3 L Durman (Durs) 2:20.2. **1500mx:** 4 G Parnell (Newp) 4:40.2 … 8 H Fines (Bristol) 4:59.0.

PV: 1 I Hill (WSE&H) 3.50; 2 A Leyshon (Swan) 3.40; 3 H Webb (Hale) 2.80; 4 A Leverett (Hunt) 2.80; 5 D Martin (unatt) 2.70. **TJ:** 1 C Dale (R&N) 11.69; 2 N Raine (FoD, U17) 10.50

U17

100mx: 3 S Lambert (Glouc) 13.0.

200: L Sandall (Chelt) 26.0

U15 girls

100: 1 L Hawkins (Chelt) 13.1; 2 K Melia (SSH) 13.3. **200:** 1 Hawkins 26.7; 2 Melia 27.3. **800:** R Cooper (Marl) 2:27.2.

U13

200: 1 J White (Chase School) 28.7; 2 F Berry (Chelt) 29.4.

July 20

TRAFFORD GRAND PRIX

Stretford

JUNIOR 400m runner Richard Yates made a huge breakthrough by winning his event in 47.65. The Trafford athlete took nearly a second and a half off his best with a time that would have put him in contention for selection in the 4x400m relay for Britain at the World Junior

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30/07/2004 17:30 21:00 ATHLETICS

Championships.

Mark Buckingham wasted no time in getting back in to action following his world junior appearance. After returning from Grosseto the previous day, the steeplechaser, who went out in his heat in Italy, won the 3000m in 8:23.27.

In the 800m, Phil Tedd (Bingley Harriers) followed up his 1500m final appearance at the Olympic trials with a win in 1:51.58. Another local athlete, Catherine Riley, ran an accomplished 2:06.56, although was frustrated in her attempts to improve on her season's best of 2:04.99 by rain and a wet track.

Michael Coltherd (Barrow) was strong over the final 200m in the 1500m, in his first serious attempt at the distance.

Mixed

100: 2 T Henry (Hali, U20) 11.36; 3 S Butterfield (Vale R, U20) 11.38. **B:** 6 P Hickey (Traff, M45) 12.44. **D:** J Money (Der, W40) 13.33. **200:** 1 Henry 22.71; 2 D Eldin (Goole) 22.98. **B:** 1 R Beardsell (Traff) 22.76; 2 S Skelland (Traff, U20) 23.20 ... 6 Hickey 24.35. **C:** 5 I Scholes (Traff, M45) 25.92. **D:** 2 E Styles (Stock, U15) 25.27. **E:** 2 Money 27.5. **400:** 1 R Yates (Traff, U20) 47.65; 2 Beardsell 48.26; 3 T Duffield (Linc W, U17) 49.59; 4 S Wray (P&B) 49.63; 5 T Ashworth (Wig D) 50.46. **B:** 3 D Barry (Traff, U17) 52.19; 4 L Davenport (Vale R, U15) 52.61; 5 O Llewellyn (Spen, U17) 53.03. **C:** 1 T O'Brien (Wig D, U17) 51.92 ... 3 S Walsh (Goole, M40) 54.75; 4 B Sykes (Spen, U15) 55.77. **D:** 1 C Nelson (Traff, U20W) 59.90; 2 V O'Donnell (Traff, U20W) 61.48; 3 Z Storr (Holm, U20W) 61.86.

BMC 800: 1 P Tedd (Bing) 1:51.58; 2 B Green (Warr, U20) 1:52.17; 3 S Bailey (Sale) 1:52.86; 4 M Nicholson (Gosf) 1:53.23; 5 S Evison (Sheff) 1:53.46; 6 A Renfree (SB) 1:53.55; 7 R Goodwin (Sale) 1:54.49. **B:** 1 G Parkinson (Hali) 1:54.00; 2 M Birchall (Harrow) 1:54.30; 3 D Thornton (Pend) 1:55.01; 4 I Rawlinson (Birm U) 1:55.31; 5 K Desai (Morp) 1:55.59; 6 M Wood (B'burn, U20) 1:55.68; 7 I Fisher (Alt) 1:56.36; 8 R Mace (Sheff) 1:56.76; 9 S Dirrane (Leeds C, U20) 1:56.98. **C:** 1 T Settle (CleS, U20) 1:55.36; 2 D Yates (Mat) 1:55.54; 3 B Craddock (Spen, U20) 1:56.55; 4 P Grogan (Liv H, U17) 1:57.43; 5 P Bradshaw (B'burn, U17) 1:57.71; 6 S Donegan (Liv PS) 1:57.93; 7 J Mannion (Liv H, U20) 1:58.57; 8 D Robuchon (Liv PS) 1:59.34. **800:** 1 S Riley (Traff) 1:59.42; 2 J Griffiths (Vale R, U17) 1:59.53 ... 4 B Owen (Col B, U20) 2:00.49; 5 D Twigg (StH Sutt, U17) 2:00.72; 6 A Green (Warr, U15) 2:01.07 ... 9 N Bradley (Bord, U17) 2:01.67; 10 M Boner (Roth, U17) 2:02.84; 11 S Hutchinson (Liv PS, U15) 2:03.75. **B:** 4 D Forrester (StH Sutt, U15) 2:05.22; 5 J Harman (Leeds C, U17) 2:05.38; 6 M Salter (Leeds C, U15) 2:05.41 ... 8 C Riley (Traff, **W**) 2:06.56; 9 T Lewis (Barr, U15) 2:07.13; 10 S Gill (Traff, U15) 2:09.08; 11 L Walker (Warr, U15) 2:10.46. **C:** 2 C Fitzpatrick (Manc H, U17) 2:05.25 ... 8 K Hill (Traff, **W**) 2:10.26 ... 11 N Desai (Morp, **W**) 2:12.01; 12 D Riding (Sale, **W**) 2:13.24. **D:** 1 S Roberts (Col B, U17) 2:05.74 ... 6 D McCann (Pres, U17W) 2:13.18 ... 8 L Davenport (SHS, **W**) 2:15.04. **E:** 2 H Carroll (Liv H, **W**) 2:15.53; 3 K Kirkham (Sale, **W**) 2:16.45; 4 R Deegan (Sale, U20W) 2:16.51; 5 R Woodnutt (Leeds C, **W**) 2:17.50; 6 L Mayho (Bing, U17W) 2:18.04; 7 A Booth (Der, U20) 2:18.43; 8 J Dawes (Sale, **W**) 2:19.80; 9 R McGivern (Holm, U17W) 2:19.94; 10 L Howarth (Leigh, U15G) 2:20.06; 11 J Stockton (Sale, U17W) 2:24.43. **F:** 2 C Bacon (Wake, **W**) 2:18.17 ... 4 S Wiblin (Traff, U20W) 2:20.53; 5 C Patchett (Spen, U15G) 2:22.24; 6 L Brighouse (Col B, U17W) 2:23.80; 7 A McGivern (Holm, U13G) 2:23.89; 8 N Pugh (Traff, **W**) 2:24.33; 9 E Hornsby (Pend, U15G) 2:24.59. **G:** 1 C McCourt (Liv H, U15G) 2:23.91 ... 3 C Craddock (Spen, U15G) 2:25.78; 4 E Dulson (Newc, U15G) 2:27.41 ... 8 B Pettit (Holm, U13G) 2:36.18. **BMC 1500:** 1 M Coltherd (Barr) 3:48.68; 2 M Barnes (Alt) 3:49.11; 3 S Deakin (Leeds C) 3:52.64; 4 R Burney (Liv H) 3:54.63; 5 J Henry (Bing) 3:56.22; 6 A Thomas (Liv H) 3:57.59; 7 J McCole (Liv H) 3:57.72; 8 J Adie (B&R) 3:58.20; 9 A Buckley (Gate) 3:59.86. **B:** 1 N Chisholm (Alt) 3:56.72; 2 J Thewlis (Roth, U20) 3:58.08; 3 R England (Leeds C, U20) 3:59.25; 4 P Walsh (Liv H) 4:00.12; 5 A Adams (Leeds C) 4:01.22; 6 C Perez (R&N) 4:02.50; 7 M Quarless (Liv H, U17) 4:07.29; 8 S Morland (Liv H, U20) 4:08.51 ... 10 P Hall (B'burn, M40) 4:10.50. **1500:** 2 S Glynn (Liv PS, U17) 4:14.73 ... 6 J Howarth (Leigh, M40) 4:17.63; 7 A Morgan-Bonner (Traff, U17) 4:19.41 ... 9 C Pedder (Moss H, M45) 4:20.02; 10 J Townsend (Leeds C, U15) 4:20.21. **B:** 5 J Wilkinson (Leeds C, U15) 4:26.85; 6 P Townsend (Leeds C, M40) 4:27.91. **C:** 2 L O'Gorman (Wake, U20W) 4:47.14 ... 5 E Deakin (Pres, **W**) 4:53.66; 6 M Smith (Bing, M60) 4:54.68; 7 S Stockton (Vale R, U17W) 4:55.70 ... 9 R Howarth (Leigh, U17W) 5:03.97 ... 11 L Basson (Vale R, U15G) 5:09.05. **3000:** 1 M Buckingham (Holm, U20) 8:23.27; 2 J Prowse (B&F) 8:23.66; 3 M Shaw (Tip) 8:26.09; 4 B Fish (B'burn) 8:30.11; 5 G Taylor (Traff) 8:32.56; 6 A Jones (Salf) 8:36.62; 7 M Pierson (Holm, U20) 8:41.51; 8 N Leigh (Alt) 8:42.77; 9 M Jones (Stoke) 8:46.37; 10 M Roscoe (Leeds C) 8:47.76; 11 D McQuarrie (Leeds C, U20) 8:48.41; 12 M Jones (Wrex) 8:48.55; 13 D Norman (Alt) 8:50.01; 14 J Philipson (Sale, U20) 8:50.66; 15 S Hallas (Pres) 8:52.29; 16 P Walsh (Liv H) 8:56.77; 17 L Dunn (Salf) 8:59.25; 18 J Taylor (Midd, U17) 8:59.42; 19 T Minshull (Traff, U20) 8:59.45 ... 23 T Duffy (Bolt, M45) 9:08.47; 24 T Boardman (Leigh, U20) 9:09.19; 25 A Elliott (Warr, U20) 9:13.15. **B:** 2 M Shaw (Stock, M40) 9:18.20 ... 4 A Denevon (Most, U17) 9:26.69 ... 6 M Robbins (Wrex, M40) 9:29.89; 7 Duffy 9:31.75 ... 14 A Fitzpatrick (Manc H, M45) 9:51.00 ... 18 C Rodham (L&M, U20W) 10:11.49. **C:** 1 R Waller (Sale, **W**) 10:09.73 ... 3 T Walker (Telf, **W**) 10:19.82; 4 A Wheatman (Scar, U15G) 10:21.88; 5 R Schofield (Wrex, **W**) 10:22.15 ... 7 E Parry (Wrex, **W**) 10:25.63; 8 N Birb (Manc U, **W**) 10:30.16; 9 C de Maria (Leeds C, **W**) 10:32.09; 10 A Gostling (Leeds C, **W**) 10:35.44; 11 K Ellison (Vale R, **W**) 10:41.95 ... 13 V Jones (Wrex, U20W) 10:45.74; 14 C Booker (Stoke, **W**) 10:46.39; 15 C Needham (Roch, **W**) 10:48.07; 16 E Graham (B'burn, U17W) 10:54.77; 17 J Myatt (Newc, U15G) 10:55.66

Men

SP: R Bate (Traff) 13.94. **DT:** 1 Bate 46.60; 2 D Readle (Liv PS) 42.35; 3 G Allan (SB) 40.66. **HT:** 1 Bate 54.70; 2 Allan 54.28; 3 Readle 49.09

M40

SP: 1 M Fox (Stoke) 13.63; 2 A Marriott (Long) 11.03. **DT:** 1 Fox 40.03; 2 Marriott 37.50

M50

JT: 1 P Ostapowycz (Traff) 48.78; 2 D Martin (Traff) 35.78

U20

SP/HT: W Lowndes (Liv H) 15.31/51.21. **JT:** B Fisher (SHS) 52.83

U15

DT: A Lowe (Hull A) 30.69. **HT:** P Smith (Hull A) 53.51

U13

SP/DT: N Fox (Stoke) 7.61/22.03

Women

HT: L Brannan (Bir) 55.52

W40

HT: 1 D Smith (Hull A) 42.17; 2 J Harding (Traff) 36.62

U20

HJ: 1 R Culshaw (Wig D) 1.65; 2 K Lannon (Sale) 1.65; 3 S Maloney (Sale) 1.55

U17

HT: 1 A Johnson (Traff) 38.60; 2 E Gilbert (Scun) 31.91

U15

SP/DT/HT: V Johnson (SHS) 9.75/27.68/37.10

July 18

BAL GOLDEN JUBILEE CUP SEMI-FINALS

Eton

AFTER the cup competitions, Mick Jones and others sought Olympic Games qualifying distances and heights though none were successful, *Martin Duff reports*.

Jones had improved his British M40 record the previous day to 73.63m and, in the cup competition, threw 71.05m, a distance he improved upon with 71.70m, one of four 70m-plus throws. Andy Frost was second with a best of 67.47m.

Tim Thomas, who managed just 5.20m in the cup match pole vault, had three more goes at 5.30m in the post-match competitions, but all ended in failure, as did Irie Hill's attempts at 3.80m.

Men

PV: 1 D Garland (Cl) 3.80; 2 T Thomas (Card) nh (5.30 xxx). **HT:** 1 M Jones (Belg, M40) 71.70 (x, 70.07, 70.68, 71.70, 70.62, x); 2 A Frost (NEB) 67.47 (x, x, 65.41, x, 66.65, 67.47); 3 G Kerr (Bed C) 59.66 (x, x, x, 57.77, 59.34, 59.66); 4 A Williamson (B&B, U20) 51.89

Women

PV: I Hill (WSEH, W35) nh (3.80xx-)

Hendon

Men (Additional)

110H: 1 T Carey (SB) 14.7. **400H:** 1 Carey 54.5; 2 S Wilson (M&M) 55.6; 3 D Everett (Col H) 55.8

UKA YOUNG ATHLETES' LEAGUE

Southern Premier Bournemouth

MATCH: 1 Herne Hill H 378.5; 2 Medway & Maidstone 358; 3 Bournemouth AC 267; 4 Aldershot, Farnham & District 263.5

U17 men

100: 1 D Trott (M&M) 11.6; 2 R Meghie (Herne H) 11.6. **B:** C Burton (Herne H) 11.7. **200:** 1 E Bamfo (Herne H) 23.0; 2 Trott 23.9. **B:** B Robinson (Herne H) 23.1. **400:** J Johnson (M&M) 53.1. **3000:** 1 B Wilson (AFD) 9:12.5; 2 B Tyler (M&M) 9:14.1. **B:** J Tyler (M&M) 9:14.9. **100H:** A Woolgar (AFD) 14.7. **HJ:** 1 D Mvimvi (Herne H) 1.85; 2 M Grockman (M&M) 1.75. **LJ:** 1 J Odametey (Herne H) 6.32; 2 Woolgar 6.03. **B:** A Strong (AFD) 6.03. **TJ:** 1 Odametey 12.70; 2 B Pickup (B'mth) 12.55. **SP:** 1 S Birch (M&M) 15.48; 2 D Brunsden (B'mth) 12.48. **DT:** Birch 45.49. **JT:** Brunsden 50.69. **4x100:** Herne Hill H 46.4. **4x400:** 1 Medway & Maidstone 3:38.5; 2 Herne Hill H 3:44.4

U15

100: 1 A Bishop (M&M) 11.9; 2 T Harris (Herne H) 12.0. **B:** A Tulande (Herne H) 12.1. **200:** 1 P Ojighoro (Herne H) 23.2; 2 Bishop 23.9; 3 T Hayes (AFD) 24.9. **B:** 1 Harris 24.5; 2 P Dickson (AFD) 25.1; 3 L Griffith (M&M) 25.3. **400:** 1 Ojighoro 54.2; 2 M Finley (B'mth) 54.6. **800:** 1 C Haines (M&M) 2:03.3; 2 Finley 2:03.8. **80H:** M Baker (M&M) 12.2. **LJ:** 1 P Owyemi (Herne H) 5.88; 2 Bishop 5.74. **DT:** K Thompson (Herne H) 37.77. **HT:** S Chappell (B'mth) 40.93. **JT:** 1 J Broadey (AFD) 47.69; 2 Bishop 40.67. **4x100:** Herne Hill H 47.7. **4x400:** 1 Medway & Maidstone 3:49.1; 2 Herne Hill H 3:54.6; 3 Bournemouth 3:59.3

U13

200: 1 C Millgate (M&M) 27.6; 2 M Walcott (Herne H) 27.8; 3 O Atchison (AFD) 27.9. **800:** 1 C Mugan (B'mth) 2:21.8; 2 Millgate 2:24.7. **1500:** 1 T Moore (B'mth) 4:48.0; 2 Atchison 5:01.6. **B:** J Hay (AFD) 5:02.9. **SP:** 1 M Wheeler (Herne H) 12.92; 2 J Price (B'mth) 9.02

U17 women

100: 1 K Ejifor (Herne H) 12.4; 2 C Welch (M&M) 12.4; 3 M Davies (B'mth) 12.7. **B:** H Biddis (M&M) 12.8. **200:** 1 M Davies (B'mth) 26.4; 2 C Williams (M&M) 26.9. **300:** 1 M Davies (Herne H) 43.3; 2 Biddis 43.3; 3 S Cheater (B'mth) 44.9. **800:** E Pallant (AFD) 2:24.4. **1500:** 1 S Preston (AFD) 4:45.1; 2 N Gray (M&M) 4:55.3. **3000:** S Twell (AFD) 10:56.4. **80H:** 1 Welch 12.2; 2 Ejifor 12.4. **HJ:** J Dodd (Herne H) 1.55. **LJ:** Ejifor 5.20. **SP:** M Quamina (Herne H) 9.52. **B:** Dodd 9.25. **DT:** Quamina 27.83. **JT:** Dodd 33.50. **4x100:** Medway & Maidstone 52.1

U15

100: 1 M Franka (Herne H) 12.5; 2 E Thackray (AFD) 12.6; 3 L Tapson (M&M) 12.7. **B:** 1 S Gardiner (M&M) 12.8; 2 A Montagnani (Herne H) 13.2. **200:** 1 Franka 25.8; 2 Thackray 26.2; 3 Tapson 26.3; 4 E Johnson (B'mth) 27.2. **B:** H Stammas (B'mth) 27.2. **800:** 1 Stammas 2:19.7; 2 S Burgin (AFD) 2:27.0. **1500:** A Salter (AFD) 5:06.0. **B:** L Partridge (AFD) 5:09.4. **75H:** 1 C Wearing (M&M) 11.7; 2 J Bee (Herne H) 12.1. **B:** Gardiner 11.7. **HJ:** 1 A Kay (B'mth) 1.48; 2 C Wearing (M&M) 1.45. **LJ:** 1 Tapson 5.24; 2 H Wright (B'mth) 4.78. **B:** R Shelton (M&M) 5.15. **SP:** 1 M Marshall (Herne H) 9.83; 2 Wearing 9.44. **4x100:** 1 Medway & Maidstone 51.8; 2 Herne Hill H 51.9

U13

75: 1 T Stirling (Herne H) 10.2; 2 S Nelms (B'mth) 10.4; 3 S Marner (M&M) 10.7; 4 J Wilkinson (AFD) 11.1. **B:** 1 J Danquah (Herne H) 10.6; 2 G Keeping (B'mth) 10.8; 3 C Cheeseman (AFD) 11.2. **150:** 1 M Gunn (AFD) 20.2; 2 Nelms 20.3; 3 Danquah 20.4; 4 C Hartley (M&M) 21.5. **B:** 1 L Comettant (Herne H) 20.7; 2 A Alcock (AFD) 21.1; 3 Keeping 21.3. **800:** Gunn 2:35.0. **70H:** 1 S Marner (M&M) 12.2; 2 Comettant 12.2. **B:** R Parkes (M&M) 12.7. **HJ/LJ:** T Wilson (Herne H) 1.40/4.42

Athletes of the Match: Haines, Birch & Franka, Tapson

Midland Premier Loughborough

MATCH: 1 Rugby & Northampton 398; 2 Royal Sutton Coldfield 361; 3 Charnwood 334; 4 Swindon 278

U17 men

100: D Maynard (Charn) 11.7. **200:** 1 L Gumbs (Charn) 23.5; 2 A Raybould (Tip) 23.9. **400:** 1 G Baker (Leic C) 51.3; 2 J Brewer (Chelt) 52.6. **800:** 1 Baker 2:00.5; 2 S Rollason (Tip) 2:02.5; 3 L Lewis (Chelt) 2:04.5; 4 T Meads (Charn) 2:04.6. **B:** A Payne (Tip) 2:03.7. **1500:** 1 Brewer 4:18.8; 2 Payne 4:19.4. **1500SC:** M Holden (Tip) 4:45.3. **100H:** 1 D Maynard (Charn) 13.7; 2 C Priestley (Leic C) 14.3. **B:** Gumbs 13.9. **400H:** 1 Gumbs 54.6; 2 Payne 60.5; 3 J Horder (Chelt) 60.7. **HJ:** M Cherrington (Tip) 1.80. **B:** M Simms (Tip) 1.75. **PV:** J Bayliffe (Chelt) 3.81. **4x100:** 1 Charnwood 44.5; 2 Leicester Coritanians 44.5. **4x400:** 1 Cheltenham 3:38.7; 2 Tipton H 3:44.7

U15

800: A Cuthbert (Chelt) 2:11.0. **1500:** T Canham (Charn) 4:34.5. **80H:** L Page (Charn) 12.9. **HJ:** A Simpson (Charn) 1.60. **SP:** S Winchcombe (Chelt) 13.85. **B:** G Betteridge (Chelt) 12.86

U13

800: 1 K Jackson (Leic C) 2:25.0; 2 S Cook (Charn) 2:27.1. **LJ:** 1 P Owara (Leic C) 4.71; 2 P Cuthbert (Chelt) 4.41

U17 women

100: T Hinds (Leic C) 12.9. **300:** 1 C O'Halloran (Chelt) 42.1; 2 K Grewcock (Leic C) 44.3. **800:** 1 J Cooke (Chelt) 2:19.8; 2 L Bache (Tip) 2:22.2. **1500:** 1 Cooke 4:57.9; 2 L Clews (Tip) 2:22.2. **80H:** K Whyman (Charn) 12.6. **300H:** K Whyman (Charn) 49.6. **LJ:** 1 A Chittenden (Chelt) 4.88; 2 T Longwe (Leic C) 4.80. **SP/DT:** E Francis (Leic C) 12.81/34.65. **4x100:** 1 Cheltenham 52.2; 2 Leicester Coritanian 52.8.

U15

200: J Christian (RSC) 27.2. **B:** K Curry (RSC) 27.4. **800:** J Kinney (RSC) 2:21.0. **B:** O Larscombe (RSC) 2:24.5. **1500:** N Hills (R&N) 5:01.4. **75H:** 1 V Fleetwood (Charn) 11.8; 2 D Bale (R&N) 12.3. **HJ:** 1 T Smith (Charn) 1.50; 2 J Barber (R&N) 1.45. **B:** S Bird (Charn) 1.50. **LJ:** Fleetwood 4.80. **B:** S McDonnell (Charn) 4.66. **SP:** Fleetwood 9.58. **DT:** Z Ash (R&N) 26.27.

U13

75: 1 S Cook (Chelt) 10.7; 2 H Smith (Leic C) 10.8; 3 E Adams (Tip) 10.8. **B:** C Cheetham (Leic C) 11.2. **150:** 1 Cook 20.3; 2 Adams 21.0; 3 R Baxter (Charn) 22.0. **B:** S Clarke (Tip) 21.3. **800:** 1 O Duffield -Moore (Charn)

BRITISH EUROSPORT Athletics coverage 24-hour Olympic coverage in August

2:30.8; 2 S Lynch (Tip) 2:32.1; 3 L Minchiner (Chelt) 2:35.8. **1200:** 1 L Partridge (Tip) 4:06.4; 2 A Gosal (Chelt) 4:18.4. **B:** K Harper (Tip) 4:14.7. **LJ:** Cook 4.49. **4x100:** Tipton H 57.0.
Athletes of the Match: Warensjo/Smith & Kinney/Meakin

Southern Premier Havering

U17 men
100: 1 D Haque (B&B) 11.3; 2 J Baxter (Read) 11.3; 3 G Sarpong (WG&EL) 11.3; 4 C Clements (Hav M) 11.7. **B:** S Blackwell (B&B) 11.6. **200:** 1 K Callender (Read) 22.8; 2 Sarpong 22.8; 3 M Waller (Hav M) 23.4; 4 J Summersby (B&B) 23.5 **B:** 1 Baxter 23.3; 2 S Parrish (WG&EL) 23.9; 3 Clements 24.0. **400:** 1 Waller 51.6; 2 S Blackwell (B&B) 52.6. **B:** D Nefs (Hav M) 53.5. **3000:** 1 A Reece (Hav M) 9:00.2; 2 M Burgess (WG&EL) 9:04.4. **400H:** 1 R Daniels (B&B) 60.2. **100H:** 1 A Al-Ameen (B&B) 14.3. **PV:** S Huggins (B&B) 3.60. **LJ:** Callendar 6.05. **TJ:** C Patten (Hav M) 12.62 . **DT:** 1 A Tawanaee (B&B) 41.86; 2 C Newton (Hav M) 34.58. **HT:** 1 Tawanaee 57.06; 2 J Forde (Hav M) 43.40. **JT:** S Harvey (B&B) 57.06. **4x100:** 1 Woodford Green with Essex Ladies 46.0; 2 Blackheath & Bromley 46.2; 3 Reading 46.3. **4x400:** 1 Blackheath & Bromley 3:34.4; 2 Havering Mayesbrook 3:35.2
U15
100: 1 J Alaka (B&B) 11.1; 2 E Ayanful (Hav M) 11.2; 3 D Daniel (WG&EL) 11.6; 4 S Pryor (Read) 12.0 **B:** C Vickers (WG&EL) 11.9. **200:** 1 Alaska 23.1; 2 Daniel 23.8; 3 Ayanful 24.1; 4 Pryor 24.5 **B:** Vickers 24.2. **400:** P Adair (Hav M) 55.9. **800:** M Bloy (Hav M) 2:08.3 **B:** Adair 2:10.7. **3000:** B Tungatt (Hav M) 9:50.4. **80H:** 1 H Lee Roach (B&B) 12.7; 2 C Handley (Hav M) 12.9. **HJ:** D Cole (B&B) 1.65. **SP:** 1 L Lovelock-Jemmott (WG&EL) 12.39; 2 R Al-Ameen (B&B) 11.76. **DT:** L Mathurin (WG&EL) 36.40. **HT:** Al-Ameen 51.71. **JT:** B Buwembo (Hav M) 44.51. **4x100:** 1 Havering Mayesbrook 48.7; 2 Woodford Green with Essex Ladies 48.8; 3 Blackheath & Bromley 49.6. **4x400:** 1 Havering Mayesbrook 3:56.4; 2 Blackheath & Bromley 3:59.7
U13
100: 1 I Husbands (Read) 13.3; 2 I Ukoko Jr (B&B) 13.3 **B:** L Barnes (B&B) 13.5. **200:** Ukoko 27.9. **SP:** H Ellis (Hav M) 9.81.**4x100:** Blackheath & Bromley 55.8
U17 women
100: 1 A Roberts-Brown (WG&EL) 12.7; 2 R Syrocki (B&B) 12.8 **B:** L Belsey (WG&EL) 12.8. **200:** 1 Roberts-Brown 26.1; 2 K Murray (B&B) 26.9. **B:** Belsey 26.1. **300:** 1 Syrocki 41.3; 2 K Richardson (Hav M) 42.2; 3 C Leckie (WG&EL) 42.6; 4 B Wilmott (Read) 43.3. **B:** 1 L Critchley (B&B) 43.0; 2 J Sparke (WG&EL) 43.0; 3 B Casey (Read) 43.5. **800:** 1 Sparke 2:22.6; 2 H Roche (Hav M) 2:24.2. **80H:** 1 C van Wulven (Hav M) 11.8; 2 Critchley 12.8 **B:** L Schofield (Hav M) 12.0. **300H:** 1 Leckie 45.1; 2 van Wulven 45.4; 3 Critchley 46.8 **B:** Scholfield 48.9. **LJ:** R King (B&B) 4.96. **HJ:** 1 van Wulven 1.60; 2 A Smith (B&B) 1.55. **SP:** 1 V Thomas (B&B) 10.08; 2 L Yard (Hav M) 9.03 **B:** Clark 9.49. **DT:** 1 F Clark (B&B) 33.92; 2 L Clark (Hav M) 29.82 **B:** R Blackie (B&B) 28.22. **JT:** 1 E Christmas (Hav M) 31.34; 2 R Brace (B&B) 30.72 **B:** F Athawes (B&B) 27.63. **4x100:** 1 Woodford Green & Essex Ladies 51.9; 2 Blackheath & Bromley 52.3; 3 Havering Mayesbrook 52.8
U15
100: 1 S Solomon (B&B) 12.6; 2 F Calder (Hav M) 12.6; 3 G Foster (WG&EL) 13.1; 4 B Blake (Read) 13.3 **B:** S Marquis (WG&EL) 13.3. **200:** 1 Calder 26.5; 2 Solomon 27.1. **800:** 1 R Taylor 2:17.0; 2 I Deane (Hav M) 2:26.0. **1500:** C Robinson (Hav M) 5:09.1. **75H:** 1 Solomon 11.7; 2 Marquis 12.0; 3 N Hill (Hav M) 12.3 **B:** 1 S McLennan (B&B) 12.1; 2 C McAuliffe (Hav M) 12.6. **LJ:** K Cosby (B&B) 4.68. **SP:** 1 Thompson 10.92; 2 Brown 10.04. **DT:** 1 F Thompson (WG&EL) 34.53; 2 S Brown (B&B) 31.45. **4x100:** Blackheath & Bromley 51.8
U13
75: 1 K Eleyae (WG&EL) 9.8; 2 N Beale (Read) 9.9; 3 R Cook (B&B) 10.1; 4 L Jacks (Hav M) 10.6. **B:** 1 J Wyre (WG&EL) 10.4; 2 S Hurlock (B&B) 10.7; 3 J Osunsanmi (Read) 10.7; 4 R Clements (Hav M) 11.0. **150:** 1 Eleyae 19.5; 2 Beale 20.5; 3 G Sheppard (B&B) 21.0; 4 Jacks 21.0 **B:** G Murray (WG&EL) 20.7. **800:** 1 A De Matos (B&B) 2:28.8; 2 C Gallaway (WG&EL) 2:34.7. **B:** L Price (B&B) 2:38.0. **1200:** 1 G Davies (Hav M) 4:03.2; 2 R Smith (B&B) 4:03.7; 3 Wyre 4:19.2. **70H:** 1 Gallaway 12.4; 2 A Duffy-Penny 12.4. **B:** E Armstrong (B&B) 12.9. **HJ:** 1 Gallaway 1.50; 2 Beale 1.44; 3 J Matthews (B&B) 1.38. **LJ:** Eleyae 4.21. **SP:** K Jones (B&B) 8.05. **4x100:** 1 Woodford Green & Essex Ladies 53.9; 2 Blackheath & Bromley 54.8; 3 Reading 57.3

Southern 1E Mile End

U17 men
100: A Babb (VP&TH) 11.7. **200:** Babb 23.4. **400:** L Smith (Ips) 53.2. **800:** A Ambridge (Hast) 2:01.4. **PV:** L Cordell (D&T) 3.60. **4x100:** Victoria Park H & Tower Hamlets 46.7. **4x400:** 1 Ipswich H 3:41.5; 2 Hastings 3:44.9
U15
200: B Hobden (Hast) 25.1. **400:** 1 F Osman (VP&TH) 55.0; 2 F Abbott (Ips) 55.4. **80H:** 1 A Wilson (VP&TH) 11.9; 2 A Dixon (Ips) 13.0. **DT:** M Richards (VP&TH) 30.80. **HJ:** 1 J Hutchinson (D&T) 1.70; 2 A Wilson (VP&TH) 1.70. **PV:** O Birch (VP&TH) 2.70. **4x100:** Victoria Park H & Tower Hamlets 49.7
U13
100: R Osei (VP&TH) 12.6. **200:** Osei 26.5. **LJ:** 1 H Mwamba (VP&TH) 4.93; 2 S Rose (Ips) 4.51
U17 women
100: J Gibbons (VP&TH) 12.6. **200:** 1 C Adams (D&T) 26.6; 2 K Dixon (Ips) 26.7. **300:** 1 Gibbons 41.1; 2 K Morgan (Hast) 44.3. **800:** B Welbourn (Ips) 2:24.2. **80H:** S Tippett (Ips) 12.7. **300H:** 1 P Drayton (VP&TH) 46.6; 2 M Walton (Hast) 50.0. **LJ:** 1 A Ranger (VP&TH) 5.29; 2 Tippett 5.11. **HJ:** 1 Dixon 1.60; 2 Gibbons 1.55. **4x100:** Victoria Park & Tower Hamlets 49.9
U15 girls
100: 1 T McKenzie (Ips) 13.3; 2 N Avery (Hast) 13.3. **200:** 1 Georgina Malster (Ips) 27.2; 2 Avery 27.3. **75H:** M Zah (VP&TH) 12.6. **LJ:** Avery 5.08. **HJ:** S Bonnefoy (D&T) 1.45
U13
150: 1 A Kelly (D&T) 21.4; 2 J Fisher (Ips) 21.7 **B:** N Mealing (Ips) 22.0. **800:** Kelly 2:39.8. **70H:** 1 L Brush (D&T) 12.4; 2 L Stockings (Ips) 12.7; 3 T Selway (Hast) 12.9. **HJ:** Mealing 1.34. **SP:** K Matthew (Hast) 8.26

Southern 1E Newham

MATCH: 1 Newham & Essex Beagles 390; 2 Bexley 298.5; 3 Horsham Blue Star 254; 4 Lewes 246.5
U17 men
100: 1 G Lewis (Horsh BS) 11.6; 2 Z Bach (NEB) 11.6. **200:** 1 Lewis 23.3; 2 Bach 23.4. **TJ:** D Okojie (NEB) 12.65. **SP/JT:** G Warnes (Bexley) 12.35/50.46. **HT:** J Wayland (NEB) 45.18. **4x100:** Newham & Essex Beagles 47.0. **4x400:** 1 Bexley 3:36.6; 2 Newham & Essex Beagles 3:38.2
U15
100: 1 D Locke (NEB) 11.9; 2 K Palmer (Lewes) 12.0; 3 P Maxted (Horsh BS) 12.1. **B:** K Agard (NEB) 12.1. **200:** 1 Agard 23.9; 2 K Blade (Lewes) 24.5. **B:** Locke 24.3. **400:** P Haines (NEB) 46.0. **B:** T Shodunke (NEB) 56.7. **3000:** Haines 9:59.9. **80H:** E Okpifiri (NEB) 12.6. **HJ:** H Blabes (Lewes) 1.70. **LJ:** Shodunke 5.64. **SP:** M Baptiste (NEB) 12.34. **4x100:** 1 Newham & Essex Beagles 47.8; 2 Lewes 49.6
U13
LJ: G O'Shea (Horsh BS) 4.52
U17 women
HJ/SP/JT: S Corbin (NEB) 1.53/10.65/37.85. **DT:** H James (Horsh BS) 35.31. **B:** K Randall (Horsh BS) 30.99
U15
100/200: M Phillips (NEB) 10.7/26.4. **75H:** R Jennings (Horsh BS) 12.8. **HJ:** H Pitten (Horsh BS) 1.46. **DT:** A Treadwill (Bexley) 24.09. **4x100:** Newham & Essex Beagles 51.8
U13
75: 1 A Patterson (NEB) 10.5; 2 E Taylor (Horsh BS) 10.7. **150:** 1 Patterson 20.7; 2 Taylor 21.5. **70H:** K Corbin (NEB) 12.7
Athletes of the Match: Locke, Blabes & Patterson, James

Northern Premier Blackpool

MATCH: 1 Blackpool & Fylde 444; 2 Chesterfield & District 392; 3 Middlesbrough 183; 4 City of Sheffield 174
U17 men
100: S Henderson (Midd) 11.6. **400:** A Logan (Midd) 53.3. **1500SC:** A Wiles (Midd) 5:00.0. **100H:** W Eaton (C'field) 14.6. **400H:** 1 Henderson 57.2; 2 Eaton 57.3. **PV:** M Eaves (B&F) 3.70. **B:** C Davies (B&F) 3.50. **SP/DT:** B Graham (C'field) 12.49/36.10. **4x400:** 1 Middlesbrough 3:43.6; 2 Blackpool & Fylde 3:45.4
U15
100: 1 Y Aliu (Midd) 11.4; 2 C Benson (B&F) 12.2; 3 N Cartwright (C'field) 12.2. **200:** 1 Aliu 23.3; 2 Morley 24.8; 3 Cartwright 25.3. **B:** K Garbutt (Midd) 24.9. **400:** 1 A Alison (Midd) 53.8; 2 A Ahmed (Sheff) 54.2. **800:** 1 J Parkes (B&F) 2:08.3. **1500:** Ahmed 4:23.1. **3000:** D Gibbon (Midd) 10:12.3. **80H:** J Corrigan (Midd) 12.5. **HJ:** R Kelshaw (B&F) 1.61. **PV:** 1 L Needham (B&F) 2.50; 2 E Mourby (C'field) 2.50. **LJ:** Benson 5.51. **SP:** S Higginbottom (C'field) 11.00. **4x100:** Middlesbrough 47.4. **4x400:** 1 Middlesbrough 3:53.6; 2 Chesterfield & District 3:56.1; 3 Blackpool & Fylde 3:56.8
U13
200: 1 S Schiavone (Sheff) 27.8; 2 J Freshney (B&F) 27.9. **LJ:** 1 J Davies (B&F) 4.72; 2 R Flanagan (C'field) 4.51
U17 women
100/200: H McLean (Sheff) 12.5/26.5. **300:** 1 L Williams (Sheff) 43.1; 2 A Crow (Midd) 43.2; 3 S Johnston (B&F) 44.7. **HJ:** K Humberstone (Sheff) 1.65. **LJ:** L Spooner (Sheff) 5.08. **DT:** A Hearsum (B&F) 27.14. **4x100:** City of Sheffield 51.3
U15
100: 1 V Collins (B&F) 12.5; 2 J Warne (Sheff) 13.2. **B:** L Davies (B&F) 12.7. **200:** 1 Davies 26.6; 2 S Scokett (Sheff) 27.0. **B:** Warne 27.5. **800:** K Maunder (B&F) 2:25.2. **1500:** S Preddy (B&F) 4:58.8. **75H:** L Towers (B&F) 12.8. **B:** Scokett 12.6. **LJ:** 1 Scokett 5.02; 2 E Mercer (B&F) 4.64; 3 S Johnson (Midd) 4.60. **4x100:** Blackpool & Fylde 52.0
U13
75: 1 S Owen (B&F) 10.2; 2 A Vernon (C'field) 11.0. **B:** L Mather (B&F) 11.0. **150:** 1 Owen 20.3; 2 Vernon 21.5. **B:** L Manfield (B&F) 21.6. **800:** 1 Vernon 2:26.7; 2 K Leybourne (B&F) 2:33.7. **1200:** 1 J Davies (B&F) 4:01.5; 2 E Fisher (C'field) 4:03.5. **B:** K Brookes (B&F) 4:20.4. **70H:** 1 H Green (Sheff) 13.0; 2 S Kellett (C'field) 13.0. **LJ:** 1 S Owen (B&F) 4.56; 2 Kellett 4.46. **B:** J Davies (B&F) 4.28. **4x100:** Blackpool & Fylde 56.6
Athletes of the Match: Henderson, Benson & Collins, Owen

Northern Premier SportsCity, Manchester

MATCH: 1 Sale H Manchester 494.5; 2 Leeds City 418.5; 3 Kingston upon Hull 307.5; 4 Wrexham 202.5
U17 men
100 (1.4): T Martin (Sale) 11.3. **B (1.4):** T Rayner (Sale) 11.5. **200 (0.8):** 1 S Kavanagh (Sale) 22.5; 2 U Hameed (Leeds) 23.7; 3 R Bates (KuH) 24.0. **B (0.8):** D Nelson (Sale) 23.4. **800:** 1 R Hodges (KuH) 1:58.2; 2 B Whittaker (Sale) 2:02.8. **B:** S Aspinall (Sale) 2:04.6. **1500:** Aspinall 4:17.1. **3000:** N Malkin (Sale) 9:26.4. **1500SC:** B Whittaker 4:36.3. **B:** R Jowett (Sale) 4:52.4. **100H (-1.1):** 1 M Hudson (Leeds) 14.3; 2 T Fearn (Sale) 14.8. **HJ:** D Hammond (Sale) 1.85. **PV:** E Rowe (Sale) 3.40. **SP/JT:** S Allan (Leeds) 13.25/50.64. **DT:** F Davis (Leeds) 36.75. **HT:** J Bedford (KuH) 53.15. **4x100/4x400:** Sale H Manchester 44.6/3:41.3
U15
100 (-0.3): 1 E Chan (Sale) 12.1; 2 J Ellis (KuH) 12.2. **200 (-0.3):** 1 Ellis 24.1; 2 S Whitehead (Sale) 24.2. **B (-0.3):** 1 Chan 24.2; 2 M McSherry (KuH) 25.3. **400:** 1 I Jones (Sale) 55.2; 2 T Roberts (Leeds) 55.9. **800:** M Salter (Leeds) 2:06.2. **B:** Roberts 2:08.8. **3000:** J Townsend (Leeds) 9:28.8. **80H (-0.4):** 1 J Morrison (Sale) 12.6; 2 P Neal (KuH) 12.6. **HJ:** 1 P Ramsey (Sale) 1.65; 2 J Heaton (Leeds) 1.65. **LJ:** Heaton 5.50. **SP/DT:** J Wood (Sale) 13.05/34.55. **4x100:** 1 Sale H Manchester 47.7; 2 Kingston upon Hull 48.6; 3 Leeds City 49.7. **4x400:** 1 Sale H Manchester 3:52.0; 2 Leeds City 3:54.2
U13
800: 1 A Burrluck (KuH) 2:22.6; 2 D Whalley (Sale) 2:25.6. **1500:** 1 R Worland (Sale) 5:00.0; 2 T Rollins (Leeds) 5:04.6. **LJ:** 1 C Hutter (Leeds) 4.63; 2 S Watt (Sale) 4.50. **SP:** 1 R O'Neal (Sale) 9.77; 2 Hutter 9.04
U17 women
100 (0.1): 1 J Igbokwe (Sale) 12.7; 2 A Lewis (KuH) 12.7. **200 (-0.7):** 1 Lewis 26.0; 2 Igbokwe 26.8. **300:** 1 L Brown (Sale) 43.6; 2 C Lloyd (Wrex) 43.9. **HJ:** A Smith (Leeds) 1.60. **LJ:** 1 L Towers (Leeds) 5.07; 2 H Forman (KuH) 4.95. **4x100:** 1 Sale H Manchester 51.8; 2 Kingston upon KuH 51.9
U15
100 (-1.6): 1 S Lennon (Leeds) 12.8; 2 A Giblin (KuH) 13.3. **200 (-1.7):** 1 C Sherry (Sale) 26.0; 2 Lennon 26.1; 3 Giblin 27.1. **B (-1.2):** Z Hill (Sale) 27.2. **800:** 1 C McPhee (KuH) 2:22.1; 2 J Dobson (Leeds) 2:23.1. **1500:** 1 E Hall (Leeds) 4:55.8; 2 M Stowe (KuH) 5:00.9; 3 C Woods (Sale) 5:07.5. **B:** 1 J Gregorczyk (Leeds) 4:59.0; 2 S Gibson (KuH) 5:06.4. **75H (-2.2):** 1 H Francis-Smith (Leeds) 11.8; 2 A Scott (KuH) 12.5. **HJ:** Francis-Smith 1.46. **LJ:** 1 Francis-Smith 5.44; 2 A Irozuru (Sale) 4.92; 3 H Parkinson (KuH) 4.87. **B:** J O'Neill (Sale) 4.88. **SP/DT:** H Evenden (Leeds) 9.91/31.10. **JT:** R Purchase (Wrex) 31.05. **4x100:** 1 Sale H Manchester 50.7; 2 Leeds City 51.4; 3 Kingston upon Hull 51.5
U13
75 (-0.5): 1 L Sabel (Sale) 10.5; 2 H Thomas (Wrex) 10.7; 3 E Jackson (KuH) 10.7; 4 S Palfreeman (Leeds) 10.9. **B (-0.5):** 1 I Garlick (Sale) 11.0; 2 S Little (Leeds) 11.2. **150 (0.2):** 1 Sabel 20.2; 2 Jackson 21.2; 3 Thomas 21.6. **B (0.2):** N Candlin (Sale) 21.9. **800:** Candlin 2:33.6. **1200:** 1 S Barker (Sale) 3:54.1; 2 H Jacobsen (KuH) 3:59.2. **B:** L Burton (Sale) 4:03.9. **70H (-2.3):** L Edwards (Wrex) 12.2. **B (-2.4):** H Webber (Wrex) 12.9. **HJ:** 1 C Simpson (Leeds) 1.43; 2 Edwards 1.40. **LJ:** 1 Sabel 5.01; 2 Thomas 4.37. **B:** Garlick 4.46. **SP:** L Cheers (Wrex) 7.75. **4x100:** Sale H Manchester 55.2; 2 Leeds City 57.7
Athletes of the Match: Kavanagh, O'Neal & Barker, Simpson

Northern Premier York

U17 men
100: E Harrison (Gate) 11.7. **200:** 1 Harrison 22.9; 2 S James (Liv) 23.6. **B:** B Devine (Liv) 24.0. **400:** 1 K Sault (Wirr) 52.8; 2 C Walpole (Gate) 52.9; 3 A Smith (Rown) 53.2. **B:** C Smith (Wirr) 52.4. **800:** 1 C Smith 1:59.6; 2 P Grogan (Liv) 1:59.9. **B:** 1 M Quarless (Liv) 2:01.5; 2 J Donnelly (Wirr) 2:03.8. **1500:** 1 L McCully (Liv) 4:13.7; 2 S Watson (Gate) 4:15.7; 3 T Bean (Rown) 4:16.0; 4 Donnelly 4:16.6. **B:** B Knighton (Gate) 4:17.9. **3000:** 1 A Peers (Wirr) 9:19.5; 2 G Gunderson (Liv) 9:21.7. **1500SC:** Quarless 4:34.1. **B:** C Hoy (Liv) 4:40.9. **400H:** A Moorcroft (Liv) 60.5. **HJ:** 1 M Owens (Liv) 1.85; 2 P Bale (Wirr) 1.80; 3 M Cheref (Rown) 1.75. **B:** T Ali Grey (Liv) 1.80. **PV:** B Jones (Wirr) 3.00. **LJ:** 1 A Rooney (Liv) 6.30; 2 M Guthrie (Gate) 6.03. **TJ:** 1 P Bale (Wirr) 12.71; 2 Rooney 12.67; 3 D Blackett (Gate) 12.58. **DT:** 1 S Fogg (Liv) 39.57; 2 N Forrest

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(Rown) 34.64. **JT:** Forrest 48.40. **4x100:** 1 Gateshead 45.4; 2 Liverpool H 46.0. **4x400:** 1 Wirral 3:31.4; 2 Liverpool H 3:35.9; 3 Gateshead 3:45.9

U15

100: D Hubbard (Gate) 12.2. **200:** A Rathbone (Wirr) 25.0. **400:** B Agar (Rown) 56.5. **800:** 1 J Gibson (Gate) 2:10.1; 2 D Bridge (Liv) 2:11.9. **1500:** 1 T Madden (Wirr) 4:22.1; 2 H Harper (Liv) 4:28.2. **80H:** 1 Hubbard 12.5; 2 A Tinsley (Wirr) 12.5. **B:** P Williamson (Wirr) 12.5. **HJ:** P Collins (Gate) 1.89. **PV:** 1 Tinsley 3.20; 2 C Roose (Liv) 2.70. **LJ:** 1 Hubbard 5.76; 2 A Burgess (Wirr) 5.64. **SP:** 1 R Parkinson (Wirr) 12.01; 2 L Loyden (Liv) 11.16. **DT:** N Lamming (Wirr) 32.06. **HT:** A Reynolds (Liv) 37.36. **B:** Loyden 36.54. **4x400:** Wirral 3:56.8

U13

100: 1 J Cowie (Gate) 13.3; 2 M Brown (Wirr) 13.4. **200:** 1 Cowie 26.7; 2 Brown 27.5; 3 J Meredith (Liv) 27.9. **B:** A Gawne (Wirr) 27.9. **800:** P Leggett (Liv) 2:26.8. **1500:** 1 K Smith (Rown) 4:59.7; 2 H Shimmin (Wirr) 5:00.4. **4x100:** 1 Liverpool H 55.2; 2 Gateshead 55.5

U17 women

100: 1 L Arthur (Gate) 12.7; 2 J Taylor (Rown) 12.7. **B:** K Kelsall (Gate) 12.9. **200:** 1 Kelsall 26.0; 2 Taylor 26.3. **B:** S Brennan (Liv) 27.0. **300:** 1 Arthur 42.7; 2 A McCabe (Rown) 44.0; 3 A Weeder (Liv) 44.2. **B:** 1 Taylor 44.1; 2 S de la Hunt (Gate) 44.1. **800:** 1 J Taylor (Liv) 2:20.4; 2 S Duffy (Gate) 2:22.0. **80H:** 1 H Asher (Wirr) 12.0; 2 S Brennan (Liv) 12.2; 3 A Dopierala (Gate) 12.3; 4 A McCabe (Rown) 12.4. **300H:** 1 Dopierala 45.9; 2 McCabe 47.7; 3 Brennan 47.7; 4 H Dyas (Wirr) 49.3. **B:** Duffy 47.2. **HJ:** A Pearson (Gate) 1.56. **LJ:** 1 E Davey (Liv) 4.96; 2 Kelsall 4.85. **SP:** V Young (Gate) 9.40. **DT:** 1 A Maddison (Gate) 33.48. **4x100:** Gateshead 51.1; 2 Liverpool H 52.4

U15

100: 1 A Russell (Wirr) 12.7; 2 C Gedling (Liv) 12.7; 3 B Campbell (Rown) 13.0. **B:** 1 A Helsby (Liv) 12.9; 2 L Rigby (Rown) 13.0. **200:** 1 Gedling 26.0; 2 B McLinden (Wirr) 27.1. **1500:** 1 O Desborough (Liv) 5:05.9; 2 G Lawlor (Wirr) 5:08.8. **75H:** 1 Helsby 11.8; 2 L Dewdney (Gate) 12.1; 3 Rigby 12.6. **B:** A Bennett (Liv) 12.1. **HJ:** 1 McLinden 1.53; 2 L Kirton (Gate) 1.50; 3 Desborough 1.50; 4 L Langley (Rown) 1.40. **B:** 1 Dewdney 1.45; 2 V Graves (Rown) 1.35. **LJ:** A Russell (Wirr) 5.47. **DT:** A Neale (Wirr) 24.10. **4x100:** 1 Liverpool 51.6; 2 Nestle Rowntrees 52.6; 3 Wirral 52.8

U13

75: 1 A Hardy-Mayo (Rown) 10.9; 2 E Lewis (Wirr) 10.9; 3 K Fearon (Liv) 11.0; 4 H Kilty (Gate) 11.0. **B:** 1 E Lightwing (Rown) 10.8; 2 H Dopierala (Gate) 11.2; 3 E Quirk (Liv) 11.3. **150:** 1 E Horton (Wirr) 21.0; 2 Hardy-Mayo 21.1; 3 C Gill (Gate) 21.5; 4 Quirk 21.7. **B:** 1 J Hudson (Gate) 21.0; 2 C Court (Rown) 21.1; 3 Lewis 21.4. **800:** 1 C McDonald (Liv) 2:34.1; 2 J Hudson (Wirr) 2:38.3. **1500:** 1 G Dykstra (Liv) 4:10.7; 2 E Murphy (Wirr) 4:16.6. **B:** S Kelly (Liv) 4:19.1. **70H:** 1 M Routledge (Liv) 12.3; 2 E Pringle (Gate) 12.7; 3 J Foster (Rown) 13.0. **HJ:** L Ellis (Liv) 1.33. **LJ:** Gill 4.20. **SP:** K Burt (Gate) 7.62. **4x100:** 1 Nestle Rowntrees 55.7; 2 Gateshead 56.2; 3 Liverpool H 57.5

Northern 1W Wigan

MATCH: 1 Spenborough 404; 2 Deeside 368; 3 Leigh 253; 4 Seaton 139

U17 men

200: 1 W Byers (Seat) 23.0; 2 O Llewellyn (Spen) 23.6. **B:** M Reynolds (Spen) 23.6. **400:** G Lewis (Dees) 53.3. **800:** S Fox (Seat) 2:03.6. **DT:** J Hepworth (Spen) 34.35. **HT:** 1 J Hepworth (Spen) 46.19. **B:** G Thornton (Spen) 38.61

U15

200: T Tilston (Dees) 25.4. **400:** B Sykes (Spen) 56.2. **800:** 1 P Williams (Dees) 2.06.9; 2 Sykes 2.07.7. **80H:** Tilston 12.7. **HJ:** R Byers (Seat) 1.65. **SP:** J Wilson (Seat) 11.17

U13

200: J Bowness (Seat) 27.8. **800:** Bowness 2:23.8. **LJ:** 1 Bowness 4.75; 2 H Jefferson (Spen) 4.36

U17 women

100: M Warwick (Seat) 13.0. **300:** K Thornton (Leigh) 45.0

U15

200: 1 K Hunton (Seat) 27.4; 2 F Beddows (Dees) 27.6. **800:** 1 B Nuttall (Dees) 2:22.2; 2 L Howarth (Leigh) 2:22.8; 3 Hunton 2:23.9. **1500:** 1 H Warburton (Leigh) 4.54.4; 2 C Patchett (Spen) 4:58.6. **B:** 1 D Allen (Leigh) 5:09.1; 2 B Rowlands (Spen) 5:09.4. **HJ:** 1 S Dixon (Seat) 1.55. **LJ:** 1 A Campagne (Dees) 4.75. **SP:** L Wynne (Dees) 9.75. **DT:** 1 S Price (Dees) 27.54. **JT:** Wynne 29.94

U13

75: 1 C Smith (Dees) 10.5; 2 A Jefferson (Seat) 11.2; 3 F Horrocks (Leigh) 11.3; 4 C Slater (Spen) 11.3. **B:** S Jones (Dees) 11.2. **150:** 1 A Elliott (Dees) 21.4; 2 Slater 22.5. **B:** Smith 21.6. **800:** 1 Elliott 2:42.4; 2 E Prior (Leigh) 2:47.9; 3 L Miller (Seat) 2:49.8. **B:** A Oliver (Dees) 2:45.2. **1200:** 1 A Riley (Leigh) 4:05.3; 2 R Denholm (Dees) 4:16.8. **B:** 1 A Howarth (leigh) 4:18.7; 2 B Campagne (Dees) 4:28.3. **70H:** 1 C Hughes (Dees) 12.5. **HJ:** 1 J Wright (Dees) 1.35. **B:** Denholm 1.30. **LJ:** Smith 4.31. **B:** Jones 4.16. **SP:** 1 Jones 6.90

Athletes of the Match: W Byers, H Jefferson & Nuttall, Smith

Northern 1E Jarrow

MATCH: 1 Morpeth H 410; 2 Harrogate 407; 3 New Marske 250; 4 Elswick H 115

U17 men

800: 1 R Stevenson (New M) 2:00.7; 2 J Pearson (Els) 2:01.2. **DT/JT:** J Armstrong (Morp) 34.75/45.24

U15

200: 1 R McFarlane (Harr) 25.0; 2 L Milburn (Morp) 25.3. **400:** M Donnelly (Els) 56.9

U13

1500: A Douglass (Morp) 5:0.97. **LJ:** L McFarlane (Harr) 4.55

U17 women

3000: D Jones (Morp) 10:10.4. **HJ:** H Carradine (Harr) 1.52. **LJ:** L Simmons (Harr) 5.00. **SP:** C Donnelly (Harr) 9.25. **DT:** S Dodd (Els) 31.61

U15

200: G Chattaway (Harr) 26.8. **1500:** R Adams (Morp) 5:09.3

U13

75: S Briggs (Morp) 10.8. **150:** S Goodfellow (Morp) 20.2. **B:** Briggs 20.5. **4x100:** Morpeth H 57.3

Athletes of the Match: Stevenson, Jones & James, Dodd

Northern 1E Woodbourne Road, Sheffield

MATCH: 1 Hallamshire 441; 2 Blaydon 324; 3 Cleethorpes 287; 4 Grimsby 147

U17 men

100: 1 R Francis (Hallam) 11.5; 2 D Robinson (Blay) 11.6. **200:** 1 Francis 22.8; 2 C Mummery (Clee) 23.9. **400:** Robinson 52.5. **DT:** K Fitzgerald (Clee) 37.88. **JT:** D Thompson (Blay) 46.76

U15

100: O Bradford (Hallam) 12.3. **200:** D Collins (Hallam) 24.2. **400:** Bradford 56.9. **800:** J Bennett (Hallam) 2:10.7. **DT:** J Skelton (Blay) 33.83

U13

200: J Speed (Clee) 27.9

U17 women

300: 1 A Firth (Hallam) 41.9; 2 L Yorston (Clee) 42.2; 3 C Reay (Blay) 44.0. **B:** C Fitzpatrick (Hallam) 44.1. **HJ:** L Hyde (Clee) 1.55. **SP:** K Hutton (Blay) 10.59

U15

HJ: D Charlotte (Clee) 1.50

U13

75: 1 R Collins (Hallam) 10.7; 2 H Strachan (Clee) 10.9. **B:** F Morton (Hallam) 10.8. **150:** Collins 21.0. **B:** Morton 21.6. **800:** R Newton (Hallam) 2:28.9. **1200:** 1 L Stone (Hallam) 4:13.3. **B:** L Pollard (Hallam) 4:17.4. **70H:** D Chapman (Grim) 12.8

Northern 1W Bebington

MATCH: 1 West Cheshire 359; 2 Warrington 328; 3 Blackburn 284; 4 Hyndburn 198

U17 men

100: 1 S Sumner (Hynd) 11.4; 2 T Price (W Ches) 11.4. **B:** C Rushton (W Ches) 11.7. **200:** Sumner 23.8. **800:** P Bradshaw (B'burn) 2:03.8. **100H:** P Whittle (B'burn) 14.3. **4x100:** West Cheshire 46.2

U15

100: 1 G Preston (W Ches) 11.8; 2 T Sephton (Warr) 12.1. **200:** 1 Sephton 24.9; 2 B Proctor (B'burn) 25.3. **400:** A Green (Warr) 53.9. **800:** L Walker (Warr) 2:10.2. **B:** M O'Neill (Warr) 2:12.0. **3000:** M Jackson (Warr) 9:36.0. **LJ:** Preston 5.55. **SP/DT:** J Callaghan (W Ches) 12.95/37.39

U13

SP: J Pierce (B'burn) 9.65

U17 women

100: 1 S Hart (Hynd) 12.9; 2 N Duxbury (B'burn) 13.0. **800:** C Roach (W Ches) 2:22.4. **LJ:** Hart 4.87. **B:** H Donald (Hynd) 4.86. **SP:** L Hunt (W Ches) 9.75

U15

100: 1 R Stoakley (W Ches) 13.0; 2 H Darbyshire (Warr) 13.1. **200:** Stoakley 27.2. **800:** H Timmons (Warr) 2:26.0. **1500:** L Gemmell (Warr) 5:03.9. **75H:** V Nicholson (Warr) 12.8. **HJ:** M Tyler (Warr) 1.45. **LJ:** S Kelman (W Ches) 4.82. **SP:** 1 S Owens (W Ches) 9.65; 2 J Crosby (Warr) 9.16. **DT:** Owens 27.56. **JT:** Crosby 27.56

U13

75: 1 C Thomas (B'burn) 10.4; 2 Z Rawcliffe (Hynd) 11.0; 3 G Wright (W Ches) 11.1. **B:** 1 A Edmundson (B'burn) 11.1; 2 E Clarke (W Ches) 11.1. **150:** 1 C Irving (Warr) 20.2; 2 Thomas 20.2; 3 R Palmeri (W Ches) 21.9. **B:** S Lewis (Warr) 21.8. **800:** L Sullivan (Warr) 2:32.8. **1200:** M Bonney (Hynd) 4:17.7. **B:** G Wright (W Ches) 4:15.2. **70H:** Irving 11.7. **B:** Lewis 12.8. **HJ:** Irving 1.35. **LJ:** 1 Lewis 4.16. **SP:** B McElroy (B'burn) 7.98

Athletes of the Match: Jackson, Pierce & Sullivan, McElroy

Northern 1E Wakefield

MATCH: 1 Chester-le-Street; 2 Bingley H; 3 Wakefield H; 4 Rotherham H

U17 men

200: 1 D Scholey (Roth) 23.4; 2 C Bennett (CleS) 23.9; 3 T Croft (Wake) 23.9. **400:** 1 Scholey 50.3; 2 M Scott (CleS) 51.9; 3 L Tatt (Wake) 52.7. **B:** A Coffer (CleS) 51.8. **800:** 1 Coffer 1:56.9; 2 M Boner (Roth) 2:01.6. **1500:** N Elliott (Wake) 4:10.9. **3000:** C Price (Wake) 9:16.3. **1500SC:** Price 4:49.2. **4x100:** Wakefield H 46.9

U15

200: H Foster (Bing) 25.3. **800:** S White (Roth) 2:11.2. **HJ:** J Mitchell (Wake) 1.61

U13

LJ: B Williamson (Bing) 4.87

U17 women

100: E Noble (Bing) 13.0. **300:** 1 L Mayho (Bing) 42.9; 2 L Clarke (Roth) 45.0. **800:** 1 A Fulton (Bing) 2:23.5; 2 Clarke 2:24.6. **1500:** Fulton 5:04.4. **80H:** Noble 12.2. **DT:** 1 C Beckett (Wake) 35.38; 2 M Wilkinson (CleS) 30.27; 3 L Booth (Roth) 27.67. **SP:** 1 Booth 11.27; 2 Beckett 10.05. **JT:** Beckett 35.97. **LJ:** Noble 5.30. **HJ:** 1 T Lyons (Wake) 1.65; 2 K Wakelam (Roth) 1.55

U15

100: J Wilson (Wake) 13.3. **200:** M Harrison (Wake) 26.3. **800:** J Allan (Roth) 2:27.3. **1500:** N Grant (Roth) 4:49.0. **75H:** 1 Wilson 11.9; 2 H Pickles (Bing) 12.8. **LJ:** 1 Wilson 5.08; 2 Pickles 4.92; 3 C Vaughan (Roth) 4.79. **HJ:** 1 R Wilson (Wake) 1.46; 2 A Palmer (Roth) 1.45. **4x100:** 1 Wakefield 53.2; 2 Rotherham 53.4.

U13

75: 1 L Holmes (Wake) 10.8; 2 C Miles (CleS) 10.9. **B:** H Plumb (Wake) 11.0. **150:** 1 A Merrills (Roth) 21.5; 2 Holmes 22.0. **800:** J Creaghan (Roth) 2:30.6. **1200:** H Craig (Bing) 4:08.2. **SP:** Merrills 9.71

Northern 1W Warrington

MATCH: 1 Trafford 338; 2 St Helens Sutton 325; 3 Stockport H 309; 4 Halifax 138

U17 men

200: R Smith (Hali) 23.3. **400:** B Styles (Stock H) 52.9. **800:** 1 Styles 2.00.9; 2 A Igi (Traff) 2.01.5; 3 Smith 2.04.9. **3000:** A Morgan-Bonner (Traff) 9:24.9. **1500SC:** D Hicketts (Stock H) 4:43.9. **LJ:** J Davidson (SHS) 6.02. **JT:** D Acton (Traff) 45.05

U15

100: T Amin-Somuah 12.2. **200:** Amin-Somuah 24.8; 2 E Styles (Stock) 25.1. **400/800:** S Gill 56.0/2:11.5. **1500:** K McCaughey (Traff) 9.23.9. **3000:** D Forrester (SHS) 9.23.9. **LJ:** S Coleman (Traff) 4.76; 2 M Ehlen (SHS) 4.53

U13

100: C Grundy (Traff) 13.1; 2 M Jukes (SHS) 13.3. **200/LJ:** Jukes 27.8/4.68

U17 women

300: J Duxbury (Traff) 43.0. **800:** K Milne (Traff) 2.23.9. **80H:** C Morley (SHS) 12.9. **300H:** Morley 47.6

U15

100: 1 J Taker (Traff) 12.9; 2 J Cretu (SHS) 13.3. **800:** L McLoughlin (Stock H) 2.31.8. **1500:** J Coulson (Stock H) 4:53.0. **75H:** 1 Taker 11.7; 2 Cretu 12.7.

U13

75: H Drillingcourt (SHS) 11.0; 2 A Fletcham (Traff) 11.2. **150:** L Crook (SHS) 21.3. **800:** Crook 2:28.3; 2 L Sturgeon (SHS) 2:29.3; 3 C Barber (Stock H) 2:31.4. **1200:** B Pearce (Stock) 3:56.4; 2 Z Woodward (SHS) 4:00.6; 3 K Milner (Traff) 4:15.6

Athletes of the Match: Forrester & Coulson, Jukes & Beanland

Midlands 1W Stourport

MATCH: 1 Wolverhampton & Bilston 412; 2 Sparkhill 248; 3 Kidderminster & Stourport 160; 4 Hereford 123

U17 men

100: 1 M Benjamin (Spark) 11.8; 2 R Palmer (W&B) 11.9. **200:** 1 Palmer 23.8; 2 Benjamin 23.8. **800:** M Roberts (K&S) 2:05.2. **TJ:** L Valentine (K&S) 12.51

U15

100/200: D Bradley (K&S) 12.0/24.9. **800:** 1 M Barker (Spark) 2:22.5; 2 D Cotterill (W&B) 2:27.3. **PV:** E Spink (Here) 2.90. **SP/HT:** J Day (Here) 13.32/31.54

U13

100: N Padmore (W&B) 13.5

U15

200: 1 C Cooner (Spark) 27.2; 2 E Leech (W&B) 27.3. **800:** N Smith (W&B) 2:25.9. **HJ:** 1 C Berrington (K&S) 1.50; 2 E Osbourne (W&B) 1.48. **LJ:** L Preston (Here) 4.83. **JT:** Berrington 25.60

U13

75: 1 S Cooper (K&S) 10.5; 2 S Mills (W&B) 10.8; 3 C Ellis (Spark) 11.1. **150:** 1 L Pacey (W&B) 20.8; 2 Cooper 20.9; 3 Ellis 22.0. **B:** E Holder (K&S) 21.7; 2 L Whitney (W&B) 21.8. **800:** Pacey 2:28.9. **70H:** H Pearson (W&B) 12.2. **HJ:** H Pearson (Spark) 1.34. **4x100:** Wolverhampton & Bilston 57.3

Athletes of the Match: Padmore, Day & Cooper, Pearson

Midland 1W Yate

MATCH: 1 Yate & District 302; 2 City of Plymouth 287; 3 Yeovil Olympiads 238; 4 Swansea 194; 5 Bromsgrove & Redditch 186

U17 men

100: A Mapstone (Yeov O) 11.7. **200:** T Hockedy (Yeov O) 22.7. **400:** Hockedy 51.4. **B:** Mapstone 52.7. **400H:** B Saunders (Yate) 59.4. **DT:** L Sings (Ply) 35.11. **JT:** 1 M Holloway (Swan) 42.24; 2 Hockedy 41.32; 3 Sings 41.17

U15

100: 1 L Nicholls (Yate) 12.2; 2 S Duffill (B&R) 12.3. **200:** 1 Nicholls 24.3; 2 Duffill 24.7; 3 J Perkin (Ply) 25.2. **B:** H Web (Yate) 25.2. **400:** 1 J Hood (B&R) 55.0; 2 D Franklin (Ply) 56.2; 3 H Isherwood (Yeov O) 56.9. **B:** Web 54.4. **800:** Franklin 2:10.4

U13

100: 1 N Rideout (Yeov O) 13.0; 2 D Neza (Ply) 13.2. **B:** K Dudden (Yeov O) 13.4. **200:** 1 Neza 25.6; 2 Rideout 27.2; 3 S Winfield (Yate) 27.4. **800:** C Hewitson (Yeov O) 2:27.0. **1500:** D Studley (Yate) 5:00.4. **B:** S Nash (Yate) 5:03.4. **LJ:** 1 Neza 4.90; 2 Rideout 4.79. **B:** Dudden 4.50. **SP:** 1 S Gripper (Yeov O) 8.84; 2 J Preston (Yate) 8.69

U17 women

BRITISH EUROSPORT Athletics coverage 24-hour Olympic coverage in August



The May 6 Special issue of *Athletics Weekly* – a tribute to Roger Bannister and the sub-four-minute mile – has been widely applauded as one of the best editions of *AW* for years.

If you missed the issue, e-mail liz.birchall@athletics-weekly.co.uk or call Descartes Publishing on 01733-898440

100: 1 P Hill (Yate) 12.8; 2 J Sealey (Yeov O) 13.0. **B:** 1 C Hillier (Yate) 12.9; 2 R David (Yeov O) 12.9. **200:** 1 Hill 25.9; 2 Sealey 26.6. **300:** Hillier 44.0. **1500:** 1 M Davies (Swan) 5:01.7; 2 N Carpenter (Ply) 5:01.7
U15
100: L O'Flinn (Ply) 13.4. **B:** S Bradbury (Ply) 13.3. **200:** 1 Bradbury 26.6; 2 K Hawkins (Yeov O) 26.9. **800:** 1 S Dobler (Swan) 2:23.6; 2 C Curtis (Ply) 2:28.4. **75H:** E Richards (Swan) 12.7. **HJ:** L McMenamin (Yate) 1.46. **LJ:** J Ellans (Yate) 5.01. **SP:** C Murray (Swan) 10.76. **DT:** S Richards (Swan) 26.99. **JT:** O'Flinn 29.73. **B:** Neza 27.00
U13
75: 1 K Rosenstein (Ply) 10.1; 2 V Scott (Yate) 10.2; 3 L Grint (Swan) 11.0. **B:** N Edwards (Yate) 11.0. **150:** 1 Scott 19.4; 2 Rosenatein 19.8; 3 L Prosser (Swan) 21.9. **1200:** 1 N Lewis (Swan) 4:12.8; 2 R Savage (B&R) 4:18.7. **LJ:** Rosenstein 4.63. **LJ:** M Attis (Ply) 8.50
Athletes of the Match: Webb, Guipar & Dobler, Attis

Midland 1W Bath

MATCH: 1 Dudley & Stourbridge 292; 2 City of Bath 280; 3 Newport H 275; Wenlock Olympians did not appear
Athletes of the Match: Foxhall, Wells & Mason, Hillier

July 17

NORTH EAST POLE VAULT ACADEMY OPEN

Hexham
Men
PV: M Christie (Sale) 4.85
U17
PV: R Dixon (Morp) 3.05
U13
PV: T Parkin (Gate) 2.25
U15 girls
PV: S Scott (Gate) 2.95 (CBP)

BRITISH SCHOOLS INTERNATIONAL

Chelmsford
(Additional information – wind speeds)
Inter boys
LJ: 1 McNeillis 7.50/1.7; 2 Thomas 7.19/2.0; 3 Owens 6.63/2.4 (6.50/1.6); 4 Rushford 6.50/2.5; 5 Knox 6.43/2.2 (6.23/1.6); 6 Jones 6.12/2.0; 7 Hughes 6.11/1.9; Smith 5.89/3.2 (5.63/1.8). **TJ:** 1 Ali-Balogun 15.02/0.4; 2 Burton 14.59/-0.1; Jones 14.39/0.6; all jumps legal
Inter girls
LJ: 1 Blaize 5.80/1.4; 2 Weetman 5.61/0.8; 3 Young 5.56/0.8; all jumps legal. **TJ:** 1 Linskill 11.88/1.0; 2 Castell-Thomas 11.18/2.0; 3 Young 10.84/1.4; all jumps legal

July 16

NORFOLK CHAMPIONSHIPS

Norwich
Men
5000: 1 J O'Neill (Norw) 15:54.5; 2 I Bailey (Norw) 15:55.0
U17
3000: C Hopkins (Norw) 9:20.4
U15
3000: J Holland (Norw) 9:33.8
Women
3000: A Dungar (Norw) 10:34.1
U17
3000: 1 G Moss (W Norf) 10:17.9; 2 R Senior (Norw) 10:35.4; 3 C Rose (Norw) 10:41.0
U15
3000: 1 N Sutton (W Norf) 10:50.2; 2 C Brown (Norw) 10:55.0

July 14

DATA CONNECTION OPEN

Enfield
Men
100: 1 I Adekanmbi (E&H, U20) 11.0; 2 J Codrington (E&H, U20) 11.1; 3 J Bricknell (E&H) 11.3. **200:** 1 Codrington 22.6. **400:** 1 D Lavipour (High, U20) 51.1 ... 6 P Stiles (E&H, M50) 59.5. **LJ:** 1 S Faulkner (Bir) 7.17/2.2, 7.16/0.9; 2 S Nash (TVH) 6.78/1.6
U15
100: M Dyble (Chelm) 12.3. **800:** S Collins (E&H) 2:10.6
M45
1500: R Holland (Trent P) 4:27.0
M60
200: J Denford (E&H) 29.7
M65
200: A Carter (E&H) 29.4
U15 girls
800: K Trimble (E&H) 2:30.5
U13
800: C Blane-Hernandez (E&H) 2:43.8
W50
100/80H: E McMahon (E&H) 14.2/14.0

INTER-SERVICE CHAMPIONSHIPS

Cosford
Men
MATCH: 1 Army 165.5; 2 RAF 154: 3 Royal Navy 73.5.
100: 1 J Thomas (Army) 10.71; 2 S Duah (Army) 10.77; 3 S Benson (RAF) 10.94; 4 C Delpesche (RN) 11.10; 5 S Bonsall (RAF) 11.15. **200:** 1 Thomas 21.93; 2 R Jatta (Army) 22.27; 3 Bonsall 22.50; 4 Delpesche 22.73; 5 P McLernon (RAF) 22.80. **400:** 1 L Hardy (Army) 49.52; 2 McLernon 49.88; 3 G Clarke (Army) 50.66. **800:** 1 S Redshaw (RAF) 1:54.90; 2 G Osborne (Army) 1:55.45; 3 S Laycock (Army) 1:57.55; 4 S Taylor (RAF) 1:58.35; 5 M Breed (RN) 1:59.16. **1500:** 1 K Sheppard (Army) 3:48.61; 2 D Lewis (RAF) 3:57.65; 3 S Neill (RAF) 3:59.44; 4 J Porter (Army) 4:02.90; 5 A Jones (RN) 4:06.4. **5000:** 1 M Whitehouse (RAF) 15:05.68; 2 D Branfoot (Army) 15:16.95; 3 H Chepkwony (Army) 15:27.61; 4 M Croasdale (RN) 15:37.95. **3000SC:** 1 T Watson (RN) 9:27.40; 2 R McWilliam (RAF) 9:29.88; 3 M Blunden (RAF) 9:32.09; 4 J Moasa (Army) 9:49.10. **110H:** 1 T Higbee (RAF) 14.99; 2 G Dunson (RAF) 15.13; 3 L Okoroafo (Army) 15.68. **400H:** 1 N Edwards (RN) 54.84; 2 J Gilding (Army) 55.76; 3 Dunson 56.36. **HJ:** G Goodrem (Army) 1.90. **PV:** 1 R Gammage (RAF) 4.01; 2 A Davis (RAF) 3.90. **LJ:** 1 S Benson (RAF) 7.22; 2 Thomas 6.76; 3 Higbee 6.71; 4 Okoroafo 6.60. **TJ:** 1 R Farquharson (RAF) 14.49; 2 D Wooler (RAF) 14.23; 3 K Thomas (Army) 13.68; 4 S Ametefe (Army) 13.53. **SP:** 1 M Leitch (Army) 14.91; 2 M Wiseman (Army) 14.42; 3 Davis 14.01; 4 P Lowe (RAF) 13.75. **DT:** 1 Wiseman 51.51; 2 A Davis 42.10; 3 Lowe 41.25. **HT:** 1 J Osazuwa (Army) 59.10; 2 K Davis (RAF) 52.13; 3 B Jones (Army) 48.35; 4 M Craven (RAF) 45.27. **JT:** 1 T Dobbing (RAF) 65.24; 2 C Hughff (Army) 55.42; 3 J Dodsworth (Army) 52.80. **4x100:** 1 Army 41.86; 2 RAF 43.01. **4x400:** 1 Army 3:23.34; 2 RAF 3:25.67.
Women
MATCH: 1 Army 159; 2 RAF 99; 3 Royal Navy 72
100: 1 C Mais (Army) 12.60; 2 J Davis (Army) 12.95. **200:** 1 Mais 25.99; 2 J Cartwright (Army) 26.48. **400:** 1 R Scother (RAF) 58.39; 2 Y Abijo (Army) 58.46; 3 L Jackson (Army) 59.52; 4 J Scott (RAF) 61.77. **800:** 1 S Morris (Army) 2:11.98; 2 R Jones (Army) 2:23.79. **1500:** J Kelsey (Army) 4:54.18. **5000:** 1 Kelsey 17:47.03; 2 B Harvey (Army) 18:52.18; 3 E Middleton (RAF) 19:59.73. **400H:** 1 Abijo 69.22; 2 Cartwright 69.67. **HJ:** Cartwright 1.55. **TJ:** 1 Davis 10.39; 2 S Grant (Army) 10.19. **SP:** 1 S Tagilala (Army) 12.19; 2 K Martin (RAF) 11.61; 3 R Maatins (Army) 10.41. **DT:** 1 Tagilala 43.91; 2 J Robin (RAF) 34.95. **JT:** 1 K Martin (RAF) 45.26; 2 Tagilala 32.41; 3 C Marsden 30.07. **4x100:** Army 50.5.

GLOUCESTERSHIRE CHAMPIONSHIPS

Cheltenham
Men
10,000: 1 S Waldron (UWIC, gst) 31:47.0; 2 J Mower (Glouc) 37:19.2; 3 M Ford (Chelt, M60) 37:56.1

ROSENHEIM LEAGUE

Western Division Barn Elms
Men
MATCH: 1 Kingston & Polytechnic 61; 2 Richmond & Twickenham 49; 3 British Airways 32; 4 Epsom & Ewell 24; 5 Bank of England 23; 6 Walton 21
100 (ns): 1 M Thomas (NEB) 10.7; 2 N Osai (SB) 10.8; 3 P Walsh (K&P) 10.9; 4 E Olukoya (K&P) 11.2. **200 (ns):** 1 Thomas 22.3; 2 Ossai 22.4; 3 V Nwagbara (K&P) 23.0; 4 Walsh 23.0. **PV:** M Joyce (K&P, M60) 2.60. **TJ:** M Pullan (E&E) 13.79. **DT:** 1 F Hatton (K&P) 41.36; 2 B Watson (R&T, M45) 35.50. **HT:** 1 G Cook (TVH, ns) 47.11; 2 P Derrien (R&T) 42.40; 3 Watson 36.46. **4x200:** Kingston & Polytechnic 1:35.0
Standings: 1 Richmond & Twickenham 27.5; 2 Kingston & Polytechnic 24.5; 3 British Airways 17.5; 4 Bank of England 13.5; 5 Walton 11; 6 Epsom & Ewell 10
Women
MATCH: 1 Kingston & Polytechnic 53; 2 Epsom & Ewell 19; 3 Walton 18; 4eq Richmond & Twickenham/ British Airways 6
400/800: R Burbridge (K&P) 61.8/2:21.3. **1500:** 1 J Locker (Walton) 4;54.6; 2 A Lethbridge (E&E) 4:56.8. **100H:** D Blaize (K&P, U17) 16.2. **TJ:** S Gordon (K&P) 10.68. **SP:** 1 Blaize 10.84; 2 Singleton 8.84. **HT:** 1 D Singleton (Walton, W40) 26.10; 2 J Piercy (E&E, W45) 26.00
W60
SP: E Sissons (E&E) 9.55
Standings: 1 Kingston & Polytechnic 24; 2 Epsom & Ewell 17; 3 Walton 15; 4 British Airways 9.5; 5 Richmond & Twickenham 3.5

July 13

SUSSEX U13 LEAGUE

East Division Lewes
MATCH: 1 Eastbourne Rovers 152; 2 Lewes 129; 3eq Hastings/ Phoenix 126; 5 Brighton & Hove City 77
U13 boys
75: 1 S Baker (Hast) 10.7; 2 G Kennedy (Phoe) 10.8; 3 E Green (B&H) 11.0. **B:** T Brown (Phoe) 10.8. **150:** 1 Baker 21.1; 2 Green 21.1; 3 Kennedy 21.5. **B:** 1 Brown 21.4; 2 E Hughes (Hast) 21.7. **1000:** 1 H Buckland (Lewes) 3:01.8; 2 F McNally (Phoe) 3:07.2. **75H:** J Moore (B&H) 13.9
U13 girls
75/150: R Imich (E'bne) 10.8/21.7. **1000:** L Keep (Lewes) 3:15.4. **HBJ:** A O'Brien (B&H) 1.34. **SBP:** H Coombs (Hast) 7.62
Final standings: 1 Eastbourne Rovers; 2 Lewes; 3 Phoenix; 4 Hastings; 5 Brighton & Hove City

West Division Crawley

MATCH: 1 Worthing & District 136; 2 Horsham Blue Star 124.5; 3 Crawley 118; 4 East Grinstead 101; 5 Chichester Runners 98.5
U13 boys
75: 1 S Henson (Worth) 10.9; 2 C Walker-Simm (Horsh BS) 11.0. **B:** N Passmore (Worth) 10.8. **150:** 1 G O'Shea (Horsh BS) 20.6; 2 Henson 21.6. **B:** Passmore 21.9. **1000:** T Marsden (Worth) 3:03.3. **HJ:** O'Shea 1.45. **DT:** D James (Horsh BS) 21.78
U13 girls
75: 1 A Martin-Turner (Craw) 10.6; 2 E Taylor (Horsh BS) 10.8. **150:** 1 Martin-Turner 21.0; 2 Taylor 21.3. **B:** T McCanna (Craw) 21.5. **600:** E Phipps (Worth) 1:52.3. **1000:** 1 A Fowlie (Worth) 3:19.9; 2 E Eastland (Horsh BS) 3:21.2; 3 S Cartmell (Craw) 3:24.4. **70H:** T McCanna (Craw) 12.6. **HJ:** A Rudram (Worth) 1.38. **LJ:** S Kitchen (Horsh BS) 4.21. **JT:** J Challen (Worth) 27.94. **4x100:** 1 Crawley 56.7; 2 Horsham Blue Star 57.5
Final standings: 1 Horsham Blue Star; 2 Worthing & District; 3 East Grinstead; 4 Crawley; 5 Chichester Runners.

July 11

EASTERN COUNTIES CHAMPIONSHIPS

Bedford
Men
100: A McCullagh (Norw) 11.3. **200:** 1 McCullagh 22.8; 2 N Horton (UEA) 22.78. **110H/HJ:** R Wood (TVH) 15.18/1.91. **400H:** S Reidy (Nene V) 57.0. **PV:** S Eastwood (Bed C) 3.80. **DT:** 1 D Bauer (Harlow) 42.91; 2 R McKenna (Wat) 35.04. **HT:** S Thurgood (Harlow) 52.52; 2 C Snook (Ips) 47.36; 3 D Burrell (Lut) 41.25
U20
200: K Andrew (Lut) 22.87. **800:** D Poulton (SNH) 1:57.1. **400H:** A Waterfield (Lut) 58.88. **LJ:** W Fleckney (Bed C) 6.64
U17
100: 1 N Levine (Bed C) 11.4; 2 A Gough (Lut) 11.6. **200:** 1 Levine 22.81; 2 Gough 23.50; 3 J Godden (C&C) 23.84; 4 A Bullimore (Hunts) 23.90. **800:** 1 C Pook (Hunts) 2:03.5; 2 M Sutton (Lut) 2:03.5. **1500:** M Gunby (P'boro) 4:19.23. **LJ:** 1 J Steele (Lut) 6.47. **TJ:** 1 Steele 13.05; 2 J Abbot-Cribbin (C&C) 12.80. **SP:** 1 D Tinkler (P'boro) 14.88; 2 S Fisher (C&C) 12.08. **DT:** 1 Tinkler 40.72; 2 Fisher 34.46. **HT:** 1 S McKevitt (P'boro) 52.54; 2 C Worllams (Harlow) 40.84
U15
100: S Whitehill (Hunts) 12.1; 2 L Bilcock (Bed C) 12.3. **200:** 1 Whitehill 24.69; 2 Bilcock 24.81. **400:** 1 M Sturgess (Bed C) 55.71; 2 Whitehill 56.66. **1500:** D Clorley (Lut) 4:32.97. **HJ:** S Johnson (Bed C) 1.60. **SP:** M Tinkler (P'boro) 11.45
U13
100: D Ogunnowo (Bed C) 12.1. **200:** 1 Ogunnowo 24.92; 2 J Senior (Norw) 26.93. **800:** 1 Senior 2:19.9; 2 E Gunby (P'boro) 2:23.9; 3 M Smith (Hunts) 2:23.5; 4 M Barden (Lut) 2:27.0. **LJ:** 1 Ogunnowo 5.43; 2 Senior 4.83
Women
100: 1 J White (P'boro) 12.4; 2 H Cone (TVH) 12.7. **200:** 1 White 25.73; 2 E Kemp (SNH) 26.00. **400:** Kemp 60.48. **800:** A Dungar (Norw) 2:21.6. **1500:** 1 C McMahon (Lut) 4:48.50; 2 Dungar 4:49.81. **3000:** D Tatum (C&T) 10:43.65. **100H:** F McKirdy (SNH) 15.13. **HJ:** N Andrews (SNH) 1.60. **PV:** 1 J Harding (Bed C) 3.40; 2 Andrews 2.50. **LJ:** Cone 5.63. **HT:** 1 A Clayton (W Suff) 32.30; 2 O Birkett (Norw) 32.09
U17
1500: 1 S Bailey (SNH) 4:51.83; 2 A Wilde (Bed C) 5:00.88. **80H:** K Motley (C&C) 12.21. **SP/DT:** K Pybus (SNH) 9.67/25.08
U15
100: 1 A Richardson (Bed C) 13.0; 2 K Slater (Bed C) 13.1. **200/SP:** B Awokoya (SNH) 27.35/10.14. **800:** 1 C Smith (Hunts) 2:21.6; 2 F Roberts (D&T) 2:23.9. **LJ:** 1 Richardson 4.84; 2 K Gibson (P'boro) 4.65; 3 K Salter (Bed C) 4.65
U13
100: R Foster (W Suff) 13.4; 2 J Johnson-Turner (Lut) 13.9; 3 E Rhodes (Lut) 13.9; 4 L Clarke (Lut) 13.9. **200:** 1 Foster 28.1; 2 K Borkett (Hunts) 28.7; 3 B Lister (Bed C) 28.9; 4 Johnson-Turner 29.0; 5 M Leaver (W Suff) 29.5. **LJ:** Rhodes 4.26

July 3

ENGLISH SCHOOLS' CUP

Gateshead
Inter boys (Positions not supplied)
MATCH: 1 Southend HS 504; 2 The Judd School, Tonbridge; 4 St Anselms College, Birkenhead 480; 4 Chalvedon School, Pitsea, Essex 469
200: J Tilley (Northpton) 23.8. **1500:** M Clarke (Poole) 4:16.0. **HJ:** P Collins (Carmel) 1.77. **PV:** M Dobbs (St Ans) 3.00; K Jarvis (G Bad) 3.00; B Scully (S'end) 3.00. **SP:** L Miller (S'end) 13.49; J Tomkins (Chalve) 13.12, K Johnson (Poole) 13.05; L Smith (Chalve) 12.95; G Clemmow (Judd) 12.94; M Elder (Helsby) 12.38; A Cast (S'end) 12.04. **HT:** P Dawson (Judd) 50.29; D Chapman (S'end) 41.68; M Popprill (G Bad) 40.84; M Gahan (St Ans) 37.48
Junior
MATCH: 1 Greensward College, Hockley, Essex 471; 2 The Ridgeway School, Wroughton, Wilts 442; 3 Haberdashers Askes, Elstree, Herts 441; 4 Southend HS 438
400: A Forsyth (Q Eliz) 56.2. **PV:** J O'Sullivan (Enfd) 2.50. **SP:** L Taylor (G'sward) 14.03; N Fraser (Campion) 12.41; S Sutcliffe (S'end) 12.12; B Legay (Wright R) 11.62; **HT:** C Manning (G Bad) 34.24. **JT:** C Coley (Aston M) 40.60
Inter girls
MATCH: 1 Waddesdon C of E,

BRITISH EUROSPORT Athletics coverage 24-hour Olympic coverage in August

Aylebury, Bucks 392; 2 Millfield School, Street, Somerset 387; 3 Kesteven & Grantham, Lincs 384; 4 Downe House, Newbury, Berks 375; 5 Southend HS 367
100: C Cunningham (Brent) 12.9. **200:** N McSweeney (Waddes) 27.0. **800:** J Harvey (Ivy) 2:17.0; R Cooper (Millf) 2:20.0; P Taylor (Ivy) 2:25.0. **1500:** H Knight (Ivy) 4:54; T Astor (Downs) 5:01.0; S Crumley (Downs) 5:02.0. **HJ:** V Hubbard (K&G) 1.70; H Scaramanga (Millf) 1.53. **SP:** McSweeney 11.24; E Pattison (K&G) 10.90; L Burton (All H) 10.89; I Retberg (K&G) 10.39; Cooper 9.70; T Ogunsanya (Downs) 9.03. **DT:** E Hart (S'end) 29.10; J Treanor (All H) 28.67
Junior
MATCH: 1 Coopers Company & Coburn, Upminster, Essex 392; 2 Bredon Hill, Evesham, Hereford & Worcs 379; 3 Portsmouth GS 368; 4 Southend HS 368
HJ: E Smallman (St Pauls) 1.50. **SP:** C Nnajuba (Coopers) 9.34. **DT:** H Evenden (Wake) 31.52; R Luck (Brent) 23.70; D Raymond (Coopers) 23.55. **JT:** N Clark (S'end) 26.24

June 12

DERBYSHIRE SCHOOLS
Derby
Senior boys
200: 1 S Farenden (CH) 22.2. **400:** 1 S Gregg (CH) 49.6
Inter
100: B Stramkowski (DE) 11.4. **100H:** 1 C Kavanagh (NE) 13.9 (CBP). **400:** N Mathers (EW) 52.9. **400H:** W Eaton (CH) 58.6. **3000:** 1 M Slysz (EW) 9:27.5. **DT:** 1 B Graham (CH) 38.79. **HJ:** 1 T Mathers (SD) 1.96; 2 A Bradbery (EW) 1.90. **TJ:** 1 R Szarkowski (AV) 12.82; 2 D Bowler (DD) 12.78
Junior
200: P Simmons (AV) 25.3. **800:** 1 T Lawrence (DW) 2:10.5; 2 R Love (AV) 2:11.4. **1500:** 1 N Ahlfers (AV) 4:31.10. **HJ:** 1 R Kiggins (AV) 1.60; 2 J Shires (CH) 1.60 . **LJ:** G Smith (DE) 5.93. **SP:** 1 S Robinson (HP) 12.07; 2 D Buller (HP) 11.81
Senior girls
200: H Gadsby (HW) 26.4. **800:** 1 A Booth (DW) 2:21.4. **1500:** E Wild (HP) 4:59.9. **400H:** S Buttery (HP) 69.1. **HJ:** 1 R Howard (CH) 1.66. **PV:** 1 E Lyons (EW) 2.80. **SP:** 1 K Newton (CH) 10.67. **JT:** 1 Courteney (DW) 33.49
Inter
300: 1 J Caulton (SD) 41.5. **3000:** 1 A Wadsworth (HP) 10:48.6. **300H:** 1 L Taylor (AV) 49.1. **HJ:** 1 A Grainger (DE) 1.65; 2 C Eldred (SD) 1.55. **LJ:** 1 Kimberley (CH) 5.30. **TJ:** 1 C O'Reilly (DE) 10.93 (CBP). **JT:** 1 L Scott (NE) 31.33
Junior
800: 1 A Glover (DW) 2:23.7. **HJ:** 1 J Hickman (DW) 1.49; 2 J Oakley (CH) 1.45. **LJ:** 1 E Sizer (DD) 4.66. **DT:** N Cox (NE) 24.89. **SP:** 1 A Wood (DW) 10.23; 2 C Brown (NE) 9.63

May 12

CAPITOL SHOPPING CENTRE CARDIFF & VALE SCHOOLS' COMBINED EVENTS CHAMPIONSHIPS
Cardiff
U15 boys
Pent (80H, SP, HJ, LJ, 800): 1 J Jones (Bar) 2503 (12.1, 11.51, 1.44, 5.62, 2:23.8); 2 C Jones (GlynD) 2251 (14.4, 10.15, 1.65, 5.06, 2:23.4); 3 O Sedgebeer (Cow) 2029 (13.9, 9.04, 1.59, 4.80, 2:32.6); 4 R Moore (CorC) 2009 (14.0, 8.53, 1.53, 4.79, 2:26.5)

MIDLAND VETERANS' LEAGUE
Tamworth
Men
MATCH: 1 Royal Sutton Coldfield 120; 2 Tamworth 89; 3 Wolverhampton & Bilston 88; 4 Stoke 88; 5 Cannock & Stafford 79; 6 Burton 76; 7 Telford 72; 8 Shrewsbury 41
M40
1500: B: R Phipps (RSC, M60) 4:43.7. **HJ:** 5 C Green (Tam, M60) 1.35. **JT:** 2 D Price (RSC, M60) 30.97
M60
100: 1 Duckers 13.7; 2 Topliss 13.9. **SP:** 1 Duckers 10.76; 2 B Sumner (Tam, M65) 9.53. **2kmW:** G Chapman (RSC, M70) 13:19.5
Women
MATCH: 1 Cannock & Stafford 105; 2 Royal Sutton Coldfield 103; 3 Telford 96; 4 Tamworth 64; 5 Burton 53; 6 Shrewsbury 40; 7 Wolverhampton & Bilston 23
W35
1500: C Evans (Tel, W40) 5:09.3 ... 3 C Kilkenny (C&S, W50) 5:25.3.
W45
HJ: 1 A Wainwright (C&S) 1.20; 2 J Stafford (Burt, W50) 1.15
W50
HT: M Harding (W&B) 22.86

ROSENHEIM LEAGUE
Eastern Division Croydon
MATCH: 1 Croydon H 49; 2 Herne Hill H 44; 3 Serpentine 36; 4 Hercules Wimbledon 12; 5 South London H 10
800: 4 M Mann (Herne H, M55) 2:17.1. **1500:** 8 Mann 4:48.5; 9 M Miller (HW, M55) 4:57.7. **3000:** 1 C Blackburn (Serp) 8:56.7 ... 6 S Newton (HW, M45) 9:45.5

Western Division Croydon
Men
MATCH: 1 Richmond & Twickenham 49; 2 British Airways 46; 3 Kingston & Polytechnic 36; 4 Epsom & Ewell 29; 5 Bank of England 27; 6 Walton 23
100: 2 P Lavender (E&E, M45) 12.2 ... 4,T Bissett (E&E, M60) 13.2. **200:** 1 Bissett 26.6; 2 Isetts 28.3. **PV:** D Blunt (E&E, M50) 3.00. **HT:** P Derrien (R&T) 40.41
Women
MATCH: 1 Kingston & Polytechnic 59; 2 Epsom & Ewell 35; 3 Walton 15
DT: C Thrush (K&P, W35) 30.91. **HT:** 1 H Arbuthnot (B'mth, gst) 39.00; 2 Thrush 32.94; 3 Singleton 24.98; 4 J Piercy (E&E, W45) 23.04. **4x200:** Kingston & Polytechnic 1:51.7

ABERDEEN AAC CHAMPIONSHIPS
Women
HJ: 1 L Ferguson (Ellon) 1.65 ... 5 S McKinnon (A'deen, W40) 1.30

COUNTY DOWN CHAMPIONSHIPS
Bangor
U20 men
SP/DT: J Harper (BG) 13.97/45.11
U17
100H: P Glass (RH) 14.0. **HT:** Stirling (CR) 50.44
U15
TJ: P Lunn (Bro) 12.04. **SP:** P Wickens (RH) 13.15. DT/**HT:** D Keys (RH) 45.08/48.83 (NI age best)
U17 women
100/200: A Foster 12.6/26.0

May 26

SEVERN v HALESOWEN
Gloucester
MATCH: 1 Severn 59; 2 Halesowen 55
Men
400: A Gardiner (Sev) 51.0. **DT:** R Clernik (Hales) 39.67

May 11

NORTHERN IRELAND YOUNG ATHLETES' LEAGUE
Antrim
Men
MATCH: 1 North Down 29; 2eq Regent House/Lagan Valley 24; 4 East Down 19.5; 5 North Belfast 14.5; 6eq Lisburn/Dromore 8
Women
1 Lagan Valley 28; 2 North Downs 23; 3 Regent House 20; 4 East Down 19; 5 Lisburn 18; 6 North Belfast 8; 7 Dromore 4

MERTON SCHOOLS CHAMPIONSHIPS
Wimbledon Park
Inter boys
400: K Murphy (Wimb C) 53.4

LANARKSHIRE RELAY CHAMPIONSHIPS
East Kilbride, Strathclyde
U13 girls
3x800: 1 Larkhall 8:42.6; 2 Airdrie 8:51.8

May 10

SOUTHERN COUNTIES VETS AC LEAGUE
Mid London Division Battersea Park
Men
MATCH: 1 Ealing, Southall & Middlesex 209; 2 Hillingdon 194; 3 Hercules Wimbledon 191; 4 Richmond & Twickenham 183; 5 Serpentine 123; 6 Herne Hill 55; 7 Metros 19
Women
MATCH: 1 Serpentine 194; 2 Hillingdon 189; 3 Metros 69; 4 Richmond & Twickenham 67; 5 Ealing, Southall & Middlesex 62; 6 Belgrave H 24
W35
JT: L Lavers (Hill) 32.16. **2kmW:** A Belchambers (Hill) 11:04.4
W45
HT/JT: V Thompson (Belg) 24.74/23.58

Kent Division Eltham
Division One
Men
MATCH: 1 Blackheath & Bromley 89; 2 Dartford 64; 3 Ashford 52; 4 Bexley 44; 5 Invicta East Kent 41; 6 Paddock Wood 40
M40
PV: 1 A Hardy (B&B) 3.40; 2 M Goodall (Ashf) 3.40. **2kmW:** S Lightman (B&B) 10:24.0
M50
PV: D Laws (Ashf) 2.50. **HT:** 1 J Stevens (Bexley) 38.23; 2 S Foxon (Dartf) 32.15. **2kmW:** P Hannell (B&B) 10:48.5
M60
400: A Kimber (Dartf, M65) 69.0. **PV:** J Day (B&B, M65) 2.50
Standings after two matches: 1 Blackheath & Bromley 164 (12); 2 Dartford 131 (10); 3 Ashford 96 (7.5); 4 Bexley 88 (6.5); 5 Paddock Wood 82 (3); 6 Invicta East Kent 78 (3)
Women
MATCH: 1 Medway & Maidstone 42; 2 Dartford 41; 3 Cambridge H 39; 4 Paddock Wood 38; 5 Blackheath & Bromley 31; 6 Sevenoaks 15
W35
5000: 1 M McLennan (S'oaks) 19:31.1; 2 D Ballard (B&B) 19:40.1. **TJ:** S Crennell (M&M) 9.14. **HT:** B Simpson (B&B) 32.73
W50
5000: 1 R Tabor (Camb H) 20:17.8; 2 S James (Padd W) 20:41.4; 3 P Halstead (Dartf) 20:58.1. **TJ:** 1 M Brown (Padd W) 7.36; 2 P Oakes (M&M, W55) 7.32; 3 R Champion (Dartf, W55) 7.25. **HT:** Oakes 21.93
Standings after two matches: 1 Dartford 98 (10); 2 Medway & Maidstone 86 (9); 3 Blackheath & Bromley 94 (8); 4 Cambridge H 91 (8); 5 Paddock Wood 65 (4); 6 Sevenoaks 50 (3)
Division Two
Men
MATCH: 1 Cambridge H 81; 2 Bromley Vets 56; 3 Sevenoaks 54; 4 Medway & Maidstone 51; 5 Kent 32
M40
5000: J Duffill (S'oaks) 16:33.5. **2kmW:** N Carmody (Camb H) 9:33.1
M50
400: 1 D Lucas (Camb H) 57.0.
5000: M Ellsmore (Camb H) 17:21.3. **HT:** P Oakes (M&M) 34.32. **2kmW:** J Godber (Camb H, M60) 12:07.3
Standings after two matches: 1 Cambridge H 155 (12); 2 Bromley Vets 113 (9); 3 Medway & Maidstone 118m (8); 4 Sevenoaks 109 (7); 5 Kent 44 (4)
Women
MATCH: 1 Bexley 58; 2 Bromley Vets 51; 3 Kent 26; 4 Ashford 11
W35
5000: J Eldridge (Kent) 19:38.2. **TJ:** 1 I Baravskiene (Bexley) 10.16; 2 Brown 10.12
W50
TJ: G Cunningham (Bexley) 8.31.
HT: B Terry (Brom V) 26.34
Standings after two matches: 1 Bexley 132.5 (12); 2 Bromley Vets 112.5 (10); 3 Kent AC 67 (8); 4 Ashford 35 (6)

Western Division Abingdon
Men
MATCH: 1 Oxford City 158; 2 Abingdon Amblers 135; 3 Witney Road RR 101; 4 Radley 100; 5 Windsor, Slough, Eton & Hounslow 90; 6 Reading 31; 7 Newbury 30; 8 Bracknell 15
M40
100/400: D Elderfield (Newb) 11.7/53.0. **1500:** C Sykes (Oxf C) 4:20.6
M50
HJ: D Talbot (Abing) 1.55. **SP:** P Virgo (WSEH) 10.68
M60
100: D Brown (WSEH) 13.6
Women
MATCH: 1 Radley 152; 2 Abingdon Amblers 116; 3 Witney RR 80; 4 Newbury 63; 5 Windsor, Slough, Eton & Hounslow 38; 6 Reading 33
W35
400: V Boden (Rad) 61.1. **LJ:** K Reynolds (Rad) 4.92. **4x100:** Radley 58.5
W50
HJ: 1 Ahmet 1.15; 2 J Charles (Abing, W60) 1.10. **LJ:** Ahmet 4.04. **HT:** V Branch (Rad) 22.51
W60
100: Charles 16.8

GLASGOW SCHOOLS CHAMPIONSHIPS
Scotstoun
Year 2 boys
DT: A MacKay (St Aloy) 41.87
Year 2 girls
75H: H Belch (Glas Ac) 12.6

May 8

SCOTTISH WOMEN'S LEAGUE
Scotstoun
Women (additional and wind speeds)
100 (-0.4). B (-1.9). 200 (-0.2). **B:** (-0.8). 100H (-0.8). B (-1.1). **TJ:** 1 L Gauld (ESH) 11.86/5.0 (11.53/0.3); 2 E Henderson (Forth, U20) 11.47/0.1; 3 G Kerr (ESH) 11.39/0.9; 4 F Davidson (A'deen) 11.19/1.3; 5 N Bodiam (A'deen, U17) 10.02/1.6
U17
100 (-1.7). B (-0.5). 200 (-1.1) (amended): 3 Hamilton 25.70; 4 M Thomas (Dund) 26.33; 5 Sharp 26.51; 6 N Treacy (TW) 26.71. B (-0.2). 80H (-1.7)
U15
100 (-1.4). B (-0.4). 200 (-1.0). B (-2.6). 75H (-0.1). B (-0.2)
U13
100 (-1.8). 200 (-1.1). .B (-0.1). 70H (-2.2). B (-1.3). **LJ:** Brooks 4.82/0.2

CORNWALL OPEN
Par
U20 men
SP: I Tucker (Corn) 13.51. **HT:** A Hitchens (Corn) 46.79
U17
800: J West (Corn) 1:59.1
U15 girls
DT: K Heller (Corn) 31.70
U13
75: S Williamson (Corn) 10.8
Vets
800: B Lock (Corn) 2:26.2

WELSH SENIOR LEAGUE
Division One Aberdare
MATCH: 1 Brecon 576; 2 Deeside 485; 3 Wrexham 366; 4 Bridgend 268; 5 Lanelli 231; 6 Carmarthen 126; 7 Newport H 124; 8 Colwyn Bay 112
Men
LJ: A Thomas (L'lli) 6.78
Women
100H: 1 H Jones (Carm) 14.3. **PV:** R Phillips (B'end) 2.60. **TJ:** Bagnall 11.02. **SP:** J Berry (Brec) 12.17

CAMBRIDGE UNIVERSITY SPORTS
Cambridge
Women
100H: K Taylor (Caius) 15.3

SCOTTISH UNIVERSITIES CHAMPIONSHIPS
Grangemouth
Men (Additional)
DT: S Thompson (52.16,54.31,53.04,52.08,55.32,53.5)

SILKSWORTH THROWS
Sunderland
M70
SP/DT/JT: D Field (Sun)

BRITISH EUROSPORT
Athletics coverage
28/07/2004 08:00 10:30 ATHLETICS
29/07/2004 09:00 10:30 ATHLETICS
30/07/2004 17:30 21:00 ATHLETICS

8.76/35.40/30.56
M75
SP/DT/JT: R Laidler (Sun) 8.04/27.12/23.48

May 6

GUERNSEY NIGHT OF RECORDS
St Peter Port
U20 men
60: N Stevens (Guern) 7.2
U17
1M: M Mercier (Guern) 4:45.5
U15
600: M Batiste (Guern) 1:34.2.
U20 women
60: E Batiste (Guern) 8.5. **600:** S Hume (Guern) 1:40.8
U17
60: 1 K Robilliard (Guern) 8.0; 2 L Arblaster (Guern) 8.4. **600:** E Bodman (Guern) 1:41.7
U15
60: K Gleeson (Guern) 8.5. **300:** Gleeson (Guern) 45.8
U13
600: K Loveridge (Guern) 1:49.8
W50
400: F Argent (Guern) 69.4

May 4

AVRIL BOWRING MEMORIAL SERIES
Tonbridge
U13
SP: O King (Ton) 10.46
Women
300: N Bowring (WSEH) 40.1
U15
SP: L Underdown (Padd W) 10.93

May 3

CLEETHORPES MAYDAY OPEN
U15
100: C Simpson (Wake) 12.4
Women
DT: 1 Staniland 34.06; 2 H Evenden (Leeds C, U15) 32.18
U15
HJ: L Hyde (Clee) 1.50. **SP:** 1 Evenden 9.94; 2 E Simpson (Scun) 9.07
U13
800: 1 A Vernon (C'field) 2:28.2; 2 T Ammoush (Amber) 2:30.7

May 2

WARRINGTON OPEN
U20 men
SP/DT: W Lowndes (Liv) 14.00/41.55
U15
800: A Green (Warr) 2:05.0.
U15 women
JT: R Purchase (Wrex) 25.90
U13
75: 1 H Lupton (Pres) 11.1; 2 J Foster (Wig) 11.3. **150:** C Irving (Warr) 20.9. **70H:** Irving 11.8. **HJ:** 1 S Bell-Morgan (Liv) 1.43. **LJ:** James 4.20

CHESHIRE LEAGUE
Crewe
Men
MATCH: 1 Bury 178; 2 Salford Metropolitan 135; 3 Horwich RMI 119; 4 Crewe & Nantwich 92; 5 Halton & Frodsham 28; 6 Altrincham 4
Women
MATCH: 1 Salford Metropolitan 162; 2 Altrincham 123; 3 Crewe & Nantwich 98; 4 Bury 70; 5 Horwich RMI 58; Halton & Frodsham 49
U15
100: R Wilson (Alt) 12.5

May 1/2

SOMERSET SCHOOLS/SOMERSET AA COMBINED EVENTS
Millfield
Senior boys
Dec: M Plowman (Yeov O) 4810 (12.5, 5.33, 11.16, 1.72, 56.3, 16.9, 22.42, 2.70, 41.49, 5:08.1)
Inter
Oct: T Higgs (Brymore S) 4459 (**LJ:** 5.77, **DT:** 32.02, **JT:** 37.58, **400:** 57.1, **100H:** 15.0, **HJ:** 1.80, **SP:** 11.76, **1500:** 4:50.7)
Women
Hept: S BackWell 4474 (16.2, 1.60, 8.71, 26.5, 5.25, 31.08, 2:23.8)
Inter
Hept: E Bonnett (Millfield) 4505 (12.0, 1.63, 9.38, 27.2, 5.10, 25.72, 2:22.7)

DORSET SCHOOLS/ DORSET AA COMBINED EVENTS
Millfield
Senior boys
Dec: R Reeks (Poole) 5411 (12.0, 6.08, 9.82, 1.90, 55.6, 16.0, 29.01, 3.10, 38.82, 5:13.1)

May 1

WELSH JUNIOR LEAGUE
West Division Aberdare
MATCH: 1 Carmarthen 1101; 2 Swansea 900; 2 Neath 723; 4 Bridgend 589; 5 Pembrokeshire 336; 6 Aberdare 293; 7 Llanelli 267
U20 men
200: 1 W Roberts (Swan) 22.6; 2 M Ritchie (A'dare) 22.6. **800:** J Williams (L'lli) 1:58.0. **400H:** Greene 54.5. **HT:** M Richards (Swan) 47.97
U13
JT: G Gleeson (Carm) 34.22
U20 women
200: D Barker (Neath) 25.7. **100H:** 1 H Jones 14.4; 2 C Jones (Pem) 15.3. **PV:** L Maund (Swan) 2.60. **JT:** 1 C Williams (Swan) 38.25; 2 S Siggery (Carm) 37.69
U17
800: N Stanford (Swan) 2:14.0. **PV:** R Phillips (B'end) 2.40. **JT:** K Clarke (Carm) 34.03
U15
SP: C Murray (Swan) 10.69. **HT:** Murray 35.66 East Division Aberdare
MATCH: 1 Cardiff 1214; 2 Cwmbran 705; 3 Newport 506; 4 Brecon 389; 5 Barry & Vale 195; 6 Rhondda 114; 7 Rhymney Valley 21
U20 men
DT: Bull 44.39.
U17
1500SC: G Hanrahan (Cwmb) 4:49.0.
Women
U17
PV: 1 J Abraham (Card) 3.00. **B:** H Abraham (Card) 2.60

NORTHERN LEAGUE
Division 2NE Darlington
Men (additional)
SP: D Dowson (M'bro) 14.70

VAA NE MEETING
Jarrow
M45
LJ: Evans 5.57. **HT:** S Towers (J&H) 39.18.
M50
DT/HT: J Wild (R&Z) 37.18/37.71
M55
3000: M McNally (Els) 10:15.0
M70
200: B Parnaby (NE Vets) 31.4.
3000: E Appleby (Heat) 12:53.9
M75
SP/DT: R Laidler (Sun) 7.90/25.99

VETERANS AC MEETING
Battersea
M60
300H: D Barrington (K&P) 53.5

April 29

WORCESTER v SEVERN
Worcester
MATCH: 1 Severn 54; 2 Worcester 52

April 25

SOUTH-WEST LEAGUE
Division 1 Yeovil
MATCH: 1 Poole 929; 2 Yeovil Olympiads 841; 3 Cornwall 819; 4 Taunton 768; 5 Newquay & Par 745; 6 Poole Runners 732; 7 Newton Abbot 609; 8 South Devon 481
Men
HT: B Marsh (N&P) 44.76
U20
110H: A Rowberry (Poole R) 15.7.
Women
SP: H Bryan (Poole, U20) 11.43
U17
300H: E Bonnet (Yeov O) 45.9

April 24/25

LANCASHIRE COUNTY & LANCASHIRE SCHOOLS COMBINED EVENTS CHAMPIONSHIPS

scottishathletics Performance Development Manager
&
Scottish Institute of Sport High Performance Manager

scottishathletics

scottishathletics is currently developing a new Performance and Excellence Strategy that will guide the sport for the next ten years. There has also been a recent review of the Track and Field programme within the Scottish Institute of Sport, which has resulted in a new Performance Plan. These exciting developments require the appointment of two key individuals to drive these plans forward.

scottishathletics is looking to appoint a dynamic and influential **Performance Development Manager** to lead the strategic direction of the sport and manage the recently appointed team of four National Coaches.

The post requires a Manager of considerable experience in both people management and performance sport who will play a major role in shaping the future direction and success of Scottish athletes and their coaches. The establishment of a development pathway, selection criteria and appropriate support will be a key issue for this post whilst managing the Performance budget for the sport. The post will be based within the **scottish**athletics office in Edinburgh and a salary in the region of £34,000 is offered.

◆ *Full details and the process for application are available from:*
Mary Anderson, 9a South Gyle Crescent, Edinburgh.
Tel: 0131 476 7330 or e-mail mary.anderson@scottishathletics.org.uk

High Performance Manager

The Scottish Institute of Sport requires a **High Performance Manager** to lead the new Institute Track and Field Performance Plan and provide a leading and guiding role in supporting those elite athletes and their personal coaches within the Institute programme.

This dynamic individual must be capable of supporting, influencing and empowering athletes and coaches with their programmes, whilst managing the delivery of the support services through the Institute. They will be based at the Institute headquarters in Stirling and the salary will be commensurate with the significance of this crucial appointment.

◆ *Full details and the process for application are available from:*
Lyndsay Parker, Scottish Institute of Sport, Airthey Road, Stirling.
Tel: 01786 460124 or e-mail: lyndsay.parker@sisport.com

Both positions will be required to work closely together and the appointment process will reflect this. Applications for both positions will be considered from candidates who may not be available to commence until post Athens.

Applications must be made by 31 July 2004.

sportscotland
LOTTERY FUNDED

Blackpool

Inter boys
Oct
(LJ,DT,JT,400,100H,HJ,SP,1500): 1 S Moore (B&F) 3760 (5.82,22.0, 29.46, 54.4,17.7,1.73, 10.09,5:06.9); 2 A Robinson (Pres H) 3694; 3 A Worthington (B&F) 3398; 4 O Maddox (B&F) 3322
Senior girls
Hept (80H,HJ,SP,200,LJ,JT,800): R Wiseman (Pres H) 3845 (17.7,1.53, 9.29,28.2,4.91,34.63,2:45.)
Open
Hept: R Richardson 3540 (17.7, 1.50,8.93,28.6,4.91,31.22,3:00.2)
Inter
Hept (80H,HJ,SP,200,LJ,JT,800): 1 A Leeming (B&F) 3282 (14.5,1.32, 7.80,28.8,4.76,19.81,2:36.4); 2 H Donald (Hynd) 3118; 3 E James (Pres H) 3078; 4 K Wilson (Pres H) 3033
Open
Hept: J Hawksley (Sale) 3584 (13.2,1.41,8.77,27.6,4.80,15.54,2:37.3)
Junior
Pent (75H, SP, HJ, LJ, 800): 1 E Markendale (Pend) 2580 (13.2,7.93, 1.24,5.42,2:36.9); 2 D Bamber (B&F) 2468; 3 D Rooney (Pres H) 2275; 4 R Ingham (Pres H) 2023; 5 K Hindle (Pres H) 1954; 6 L Hilton (unatt) 1818; 7 K Hall (Pres H) 1771

April 21

NORTHERN VETERANS' LEAGUE
Cleckheaton
W45
SP/HT: J Wood (Spen) 8.84/35.45
W55
HT: L Ridsdale (Wake) 30.58
W60
HT: S Bolland (Spen) 25.86

GLASGOW COUNCIL OPEN
Men (additional and wind speeds)
150 r1 (-2.9): 8 A Willians (Glas, W) 19.56. r2 (-1.4): 2 S Whigham (ESH, W) 18.83; 3 S McGowan (Glas) 19.00. **3000: r1:** 4 C McNulty (Kilb, U17) 8:59.61. **DT:** 4 W Falconer (CoE) 39.72

April 18

CHARNWOOD WARM-UP MEETING
Loughborough
Men
100: A Baxter (Charn, M50) 13.1. **HJ:** Gallie 2.00
U17
100H: 1 Maynard 13.5; 2 Gumbs 13.9; 3 Lamport 14.1. **300H:** Gumbs 39.2.
M55
HT: B Hawksworth (Der) 38.60
Women
100: B: S Brown (Charn, W45) 13.9. **200: B:** Brown 29.5. **HJ:** D Orr (Charn, W40) 1.30
U17
80H: 1 N Francis (Leic C) 11.9.
U15
800: A Magee (Charn) 2:26.8.
W50
SP/DT/HT: C Smith (Nun) 7.06/18.07/31.78

GREAT WEST OPEN
Exeter
Men
100: R Derrick (N Abb, U20) 11.2. **200:** 1 Derrick 22.8. **400:** S Minting (Exe) 49.8. **800:** 5 S Lang (S Dev, M50) 2:11.1 ... 10 M Ault (Exm, M65) 2:44.5. **B:** 1 F Baddick (N Dev, U20) 1:57.6. **JT:** L Payne (N&P) 53.88. **DT:** Horne 44.70
U17
LJ: J Field (N Dev) 6.66
M50
DT: D Knight (N Abb) 30.80
M60
DT/JT: G Eccles (Exe) 35.91/38.58
Women
100: 1 K Endacott (Ply) 11.7; 2 L Sings (Ply) 12.3. **200:** 1 Endacott 23.9; 2 Sings 25.0. **400:** B Tidball (Exe) 58.6. **800:** 4 J Walpole (Exe, W50) 2:27.2 ... 8 K Rogers (E Corn, W45) 2:37.5. **100H:** S Davidge (Bir) 14.8. **DT:** 1 L Rigby (N Dev, U20) 35.55. **JT:** L Watton (W'borne, U20) 45.15
U17
200: J Platt (N Dev) 25.9. **1M:** N Hamblin (Dor) 5:00.5. **80H:** E Bonnett (Yeov O) 12.0. **JT:** K Eke (Ply) 32.44
U15
75H: S Skinner (Exe) 11.8

ANNE MARIE READSHAW MEMORIAL
Shildon
Men
200/400: R Yusuf (unatt) 22.2/48.9
U15
100/200: Y Aliu (M'boro) 11.7/23.6
Women
400: N Youden (Gate) 58.8

April 17/18

PITREAVIE AAC CHAMPIONSHIPS
Pitreavie
Men (all Pit unless stated) (a=17, b=18) HT (b): D Allan 57.93
U20
200 (b) (1.1): J Coull 22.6. 800 (b): G Oudney 1:55.8.
U17
200 (b) (0.0): R Oswald 22.7
U15
800 (b): D Newsom 2:12.0
Women
HT (b): 1 K Walters 40.98; 2 K Horne (Glas) 40.20
U20
200 (b) (0.9)/100H (a) (-1.2): E Child 25.5/15.6
U17
300 (a): Walker 41.9

April 10

BORDER REIVERS HAMMER ACADEMY
Galashiels
Women
HT: S McKelvie (EWM, U20) 49.83

MANCHESTER HAMMER CLUB COMPETITION
Wythenshawe
Women
HT: L Douglas (Sale) 57.26

March 27

SILKSWORTH THROWS
Sunderland
M70
SP: 1 D Field (Sun) 8.76; 2 R Laidler (Sun) 8.40. **DT:** 1 Field 32.80; 2 Laidler 28.18. **JT:** 1 Field 30.52; 2 Laidler 23.69

March 20

MANCHESTER HAMMER CLUB COMPETITION
Wythenshawe
U20 men



Kassa Tadesse and Charlotte Dale, winners at the Elmbridge 10km, being presented with trophies by Graham Rhodes (centre), vice president for race sponsors Air Products

HT: 1 W Lowndes (Liv H) 48.90; 2 M Bomba (Liv H) 46.92

Road

July 25

ELMBRIDGE 10km
Surrey

CHARLOTTE DALE continued her fight-back from injury with a time of 33:32 that placed the Invicta junior in ninth overall, *Martin Duff reports*.

Dale had been sidelined for much of the winter but has fought back with a series of good road performances that suggests all is now well. Although more than two minutes down, Alison Outram also performed well with a 36:07 return despite the long run down the riverbank on gravelly ground.

Up ahead, it was very much a Belgrave Harriers benefit, as Kassa Tadesse just got the nod on visiting Australian Mark Thompson in 30:33. The leading runners had to force a way through the Sunday walkers on the banks on the Thames, but the following hundreds were able to follow without too much trouble. David Anderson was an isolated third, with South of Thames winner Hassan Raidi fourth.

Men
1 K Tadesse (Belg) 30:33; 2 M Thompson (Belg/AUS) 30:34; 3 D Anderson (Belg) 31:23; 4 H Raidi (Belg) 32:25; 5 P Doyle (Rane) 32:27; 6 D Symons (THH) 32:43; 7 P Haarer (Rane) 33:09; 8 R Alsop (Belg) 33:17; 9 C Dale (Inv EK, **U20W**) 33:32; 10 R Copestick (Walt) 33:59; 11 R Burgess (HW) 34:03; 12 R Reeder (Strag) 34:09; 13 L Greatorex (Belg) 34:20; 14 N Hodges (DMV) 34:29; 15 T Hadfield (Belg) 34:39; 16 M Lane (Rane, M40) 34:56; 17 I Kitching (S Lon, M50) 34:59
M40: 2 M Giles (Sutt) 35:39; 3 G Woolgar (B&H) 35:57. **M50:** 2 T Eakin (Lagan) 36:28; 3 S Badgery (HW, M55) 36:48; 4 C Owens (Rane) 37:09; 5 D Gaskell (Strag) 37:42; 6 K Dunning (Coll) 38:25. **M60:** 1 B Leach (Hill) 38:59; 2 K Spacie (THH, M65) 39:49; 3 R Dickson (THH) 41:44. **M70:** D Devey (Cove) 53:37
TEAM: 1 Belgrave H 10; 2 Ranelagh H 61; 3 Belgrave H B 60; 4 Stragglers 83; 5 Hercules Wimbledon 180; 6 Thames Valley H 172
Women
1 C Dale (Inv EK, U20) 33:32; 2 A Outram (THH) 36:07; 3 E Nelson (E&E) 39:37; 4 G O'Connor (S Lon, W40) 38:47; 5 C Briggs (TVH) 39:45; 6 A Watkins (Wimb W) 39:50; 7 L Kipling (Rane) 40:21; 8 C Nicholson (Strag) 40:29; 9 A MacKenzie (S Lon) 40:48; 10 C Aitkin (TVH) 40:50
W45: L Neville (Eps A) 44:34. **W55:** 1 J Davies (E&E) 42:37; 2 C Eaglestone (Ling) 47:56
TEAM: 1 South London H 41; 2 Stragglers 58; 3 Epsom & Ewell 77; 4 Thames Valley 78; 5 Wimbledon Windmilers 124; 6 Ranelagh H 144

DEAL DINOSAUR 10km

GILLIAN JOHNSON of Dulwich Runners broke both her PB and the course record when maintaining an unbeaten record for 2004, *Steve Roe reports*.

The women's race had shaped up to be an all Dulwich affair at the front and it was Johnson who held a narrow lead (18:08 to 18:17) over team-mate Alison Fletcher at halfway, having broken clear at the end of a mile-long climb during the third mile.

On the easier second half of the course Johnson increased her pace, ran that segment in 17:17 and, making use of the good conditions, eventually took more than three minutes from the previous best for this undulating coastal event.

Johnson is now comfortably top of the UK W40 rankings. Fletcher, now second on the list, achieved her aim of more or less wrapping up the Kent Grand Prix, of which this race is a part.

For the second time in a fortnight, Gareth Williams recorded 32:14. It had won him the Cliffe Woods 10km on July 11, but here sufficed only for second place behind Neil Renault.

Victory for Renault, the Kent 5000m champion, was comfortable. He passed halfway in just over 16 minutes and, like Johnson, went quicker during the second 5km. The winning time of 31:32 is the 20-year-old's fastest for the distance.

Men
1 N Renault (M&M) 31:32; 2 G Williams (M&M) 32:14; 3 P Curran (M&M) 32:28; 4 J Creane (Lon I) 32:37; 5 P Anthony (Deal Tri) 32:39; 6 M Forder (I&I) 33:07; 7 D Cochrane (RH Cambus) 33:19; 8 J Holmans (Cant) 34:29; 9 M Gore (M'stone) 34:32; 10 R Palmer (Cant, M40) 34:38
M40: 2 D Chapman-Jones (Deal Tri) 35:16; 3 K Williams (Ashf) 35:56.
M45: S Smythe (Dulw) 37:17. **M50:** 1 P Butler (Ashf D) 35:49; 2 P Tee (Ashf) 35:58; 3 R Hann (Folk) 37:10; 4 M Stacey (Inv EK) 37:19; 5 A Newman (M&M) 37:26; 6 J Wilkins (Inv EK) 37:37. **M60:** 1 P Burton (I&I) 41:57; 2 P Morgan 42:16
TEAM: Medway & Maidstone
Women
1 G Johnson (Dulw, W40) 35:25 (rec); 2 A Fletcher (Dulw, W40) 36:00; 3 M Grant (Inv EK, W40) 38:55; 4 J Moorekite (Inv EK, W45) 39:08; 5 J Cliff (Deal Tri) 39:50; 6 C Colmer (Bexley) 40:11; 7 S Payton (M&M) 40:47; 8 S Hawkins (M'stone, W35) 41:09
W45: 2 M Povey (Dartf RR) 43:06.
W50: S James (Padd W) 43:19
Boys (1.5km)
1 J Read 4:49; 2 W Funnell 5:20; 3 A Ross 5:27
Girls (1.5km)
1 M Edmonds 5:49; 2 L Samarasinghe 5:59; 3 E Funnell 6:07

TENBY 10km
Pembrokeshire
Men
1 A Jones (Card) 32:14; 2 C Thomas (TROTS, M40) 34:31; 3 R Barrett (Brec H) 35:38
M50: 1 L Chapman (Amman) 36:55; 2 D Jones (TROTS) 38:58
Women
1 R Ace (Pembs TC) 38:39; 2 C Cleathero (TROTS) 42:06

WAGON AND HORSES 10
Lancaster
Men
1 M Aspinall (L&M) 52:45; 2 C Rigby (Horw) 53:39; 3 S Littler (Wesh) 54:42; 4 E Simpson (Prest) 55:22; 5 C Phelan (Stragglers, M40) 58:43

BRITISH EUROSPORT
Athletics coverage
28/07/2004 08:00 10:30 ATHLETICS
29/07/2004 09:00 10:30 ATHLETICS
30/07/2004 17:30 21:00 ATHLETICS

M45: J Husband (L&M) 60:31. **M50:** E Cook (B'burn) 59:44. **M55:** 1 M Entwistle (Astley) 60:15; 2 A Appleby (Prest) 64:29. **M65:** P Taylor (N Vets) 72:19;
Women
1 M Dempsey (Wesh, W35) 71:25; 2 K Hoyer (Wesh, W40) 73:10
W50: S Lucas (L&M) 74:13. **W55:** C Leathley (Clay) 80:52. **W65:** E Elkington (L&M) 90:52

VICTORIAN 10km
Redcar, North Yorkshire
Men
1 M Jefferies (Bill MH) 35:31; 2 J Ketley (Bev) 35:59; 3 R Johnson (Swlae) 36:06
M40: B Bingham (Loft) 36:21. **M60:** I Barnes (Darl) 42:30
Women
1 T Waller (Hart) 40:12; 2 M Hart (Dark Pk, W35) 42:49

CORNWALL 10km
St Eval
Men
1 D Simons (Corn) 31:59; 2 D Buzza (Corn, M40) 32:17; 3 P Parry (Bris) 32:27; 4 A Thomas (Corn) 33:36; 5 T Dunn (Corn) 33:39; 6 M Evey (Tavis, M40) 35:22
M40: 3 D Gilchrist (Alt) 36:04; 4 T Gynn (Launc) 36:18. **M50:** R Selby (Exm H) 37:36; 2 T Daniels (Wade Tri) 37:39. **M55:** G Lawrence (S&SH) 38:33; 2 P Sargent (Newq) 39:30.
M60: 1 P Tabenor (Plym) 40:03; 2 R Wood (Falm) 42:52
TEAM: 1 Cornwall AC 28; 2 Newquay RR 160; 3 Hayle RR 216
Women
1 S Monahan (Bris, W40) 37:42; 2 G Coyne (Corn, W35) 38:04; 3 R Cowle (E Corn, W40) 38:34; 4 S Martin (Newq, W35) 40:20; 5 S Daw (E Corn) 40:30
W50: 1 J Mills (Launc) 42:54; 2 A Erith (E Corn) 46:13
TEAM: 1 Newquay RR 42; 2 East Cornwall H 59; 3 Launceston RR 70
Cornwall Champs
Men: 1 Simons; 2 Buzza; 3 Thomas
Vet: Buzza
Women: 1 Coyne; 2 Crowle; 3 Martin
Vet: Coyne

BALLATER 10
Aberdeenshire
Men
1 D Ross (Phoen) 54:29; 2 R Campbell (Arb) 55:39; 3 G Beal (CoE) 56:13; 4 G Riddell (A'deen) 58:54; 5 M Simpson (Metro, M45) 59:01
TEAM: Metro Aberdeen
Women
1 R Mackenzie (D'side, W35) 68:27; 2 M van der Linden (CoE) 69:36; 3 H Johnson (Bing) 72:26
W55: S Bauchop (Perth) 79:52
TEAM: Metro Aberdeen

LONDON CHEST HOSPITAL 10km
Hackney
Men
1 J Mohammed 34:57; 2 E Mayers (SB) 35:10; 3 A McLintock 35:35
M45: I Lambert (Eton M) 36:58
Women
1 V Stacey 37:38; 2 E Gelder 41:08

GNER YORKSHIRE WOLDS HALF-MARATHON
Bishop Wilton, nr York
Men
1 C Brooks (Knave) 76:05; 2 P Goble (York A) 77:49; 3 P Taylor (Brid RR) 78:40
M40: A Meskimmon (Dews) 78:50
Women
1 M Hollinshead (Dews) 94:22; 2 H Wilcock (Pock RR) 95:40
COMBINED TEAM: 1 York Acorn 3:58:30; 2 Bridlington RR 4:14:39; 3 Dewsbury RR 4:15:41

HAVERHILL 10km
Suffolk
Men
1 R Coll (New J, M40) 34:46; 2 R Prout (Thrift) 35:20; 3 P Foody (St Ed) 35:26
M40: 2 A Hicks (L'toft) 36:51
Women
1 G Pryke (Ips J, W40) 42:13; 2 L Street (New J) 42:48
W50: P Partridge (St Ed) 43:40

GLOUCESTER HALF-MARATHON
Men
1 M Rees (Swan, M50) 68:49; 2 D Walmsley (Bourt, M40) 74:47; 3 M Smith (Bourt) 77:19; 4 L Christmas (Stroud, M45) 77:24.
M40: 2 S Link (S'bridge) 78:25; 3 P Lloyd (Glouc) 79:37; 4 T Marshall (Chelt) 79:51. **M50:** 2 S Brown (Chelt) 85:08; 3 J Russell (Club 69) 85:39. **M55:** G Hawkins (Durs) 87:13; 2 D Spackman (Glouc) 90:33.
M60: K Buckle (Chelt) 91:49; 2 P Slavon (Bitt) 94:09
Women
1 H Fines (Bris) 84:57; 2 H Yule (Llis, W35) 85:12; 3 S Bruce (Tewk, W40) 90:13
W50: J Kelly (AUS) 97:18

July 23

GWR TOWPATH 10km
Bristol
Men
1 A McLean (Belg) 32:09; 2 S Evans 33:04; 3 T Bush (Wells) 34:19
M45: R Hooper (W'bury) 37:26.
M50: T Hutchison (Bath) 36:55; 2 N Stone (Somer) 38:16. **M55:** R Betterton (Bitt RR) 38:15
Women
1 A Grainger (Bris) 37:21; 2 N Brookland 38:39; 3 S Richards (Bris) 40:32

BUPA WALKINGTON 10km
Beverley
Men
1 R Wilson (Scar) 32:01; 2 D Agustus (Scar) 32:28; 3 S Bateson (unatt) 33:16; 4 D Williams (Bev) 33:40; 5 J Wardley (Scar) 33:47; 6 S Pickering (Horsf) 34:12; 7 C Hodgson (E Hull) 34:37; 8 S Rennie (KuH, M45) 34:46; 9 P Fielding-Smith (Bev) 34:50
M45: 2 M Siddall (Pock) 36:57.
M50: 1 M Baggott (KuH) 38:28; 2 N Holdsworth (Knave) 38:53. **M55:** 1 N Scruton (Scar) 38:40; 2 P Dewberry (Hull Spr) 40:08; 3 C Gale (Hull Spr) 40:38
U18: T Ridsdale (unatt) 35:24
Women
1 D Robinson (Tip, W35) 34:53; 2 J Fisher-Moody (Hull Spr, W40) 40:29; 3 K Bexon (Goole, W40) 40:59
W40: 3 J Barley (Leeds C) 41:26.
W50: 1 S Haslam (Scar) 42:03; 2 J Morley (Hull A) 46:25; 3 P Fenelon (Goole) 46:42

July 22

ENERGYZONE CARNEGIE 3
Dunfermline, Fife
Men (all C'gie)
1 P Morrison 16:14; 2 K Clark 16:39; 3 I Taylor 17:07
Women
1 R Alexander 17:20 (rec); 2 J Turner 20:02

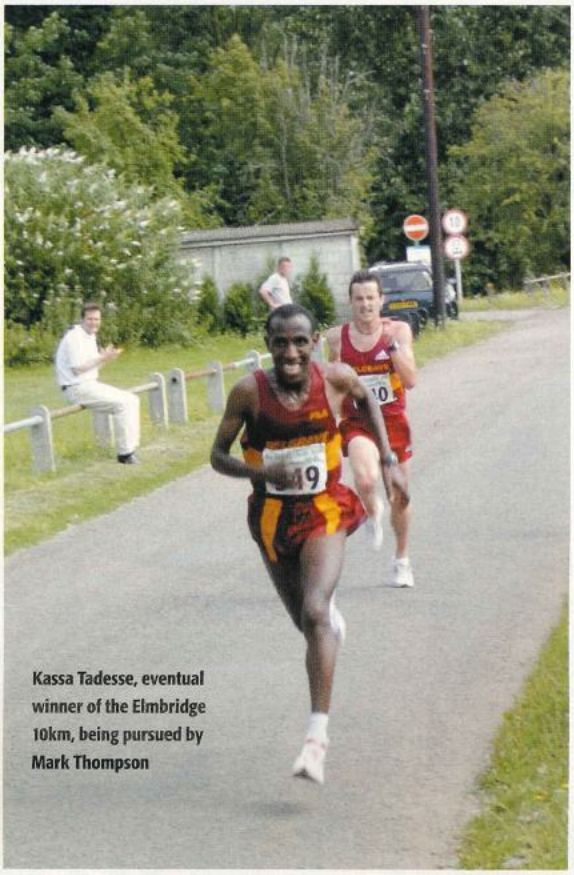
July 21

CARSA 5
Staffordshire
ROB DEAKIN affirmed his position as the area's leading road runner with another emphatic victory, *Dave Edwards reports*.

At Cheadle he eclipsed the opposition, beating close friend and rival Mark Dalkins, by moving further and further away as the race progressed. By the time he hit the tape in 24:41, his margin of victory had stretched to more than two minutes.

Julia Myatt completed her preparations for the European Veteran Championships marathon with a morale-boosting victory in the women's race.

She was already around 10 seconds clear in the first mile, which she completed in 5:25. Michelle Buckle and veteran Christine Kilkenny chased gamely, but their efforts were in vain. They did make inroads into Myatt's lead at one stage, but she came back strongly in the final stages to win in 30:25. Kilkenny, who now competes in the W50 category, produced a superb run to take third.
Men


Kassa Tadesse, eventual winner of the Elmbridge 10km, being pursued by Mark Thompson

1 R Deakin (Moorlands) 24:41; 2 I Yates (Trent) 26:58; 3 A Hartveld (Stoke, M40) 27:14; 4 A Hall (Stoke) 27:19; 5 T Laver (Trent) 27:30; 6 G Castrey (unatt) 27:34; 7 D Washington (Boall) 27:41; 8 M Oldham (Man H, M50) 27:46
M55: S Winterton (Trent) 31:27.
M60: 1 J Clemens (Stone MM) 31:20. **M65:** D Brookes (Trent) 34:57
Women
1 J Myatt (Newc, W40) 30:25; 2 M Buckle (Newc) 31:15; 3 C Kilkenny (C&S, W50) 31:27; 4 J Edwards (Shrop S) 32:33
W45: R Wilson (Stone MM) 34:58.
W55: D Fellows (C&S) 35:11

HEWITT PLUMBING DERBYSHIRE GRAND PRIX
Darley Park, Derby
Men (6k)
1 D Ridout (Der) 20:16; 2 B Dyson (Der) 20:28; 3 L Perkins (Hean) 20:34; 4 P Timmons (Rip, M40) 20:37; 5 G Lowry (Belp, M40) 20:38
M45: R McDonald (Der) 20:57.
M50: 1 R Morgan (Belp) 22:05; 2 R Fletcher (N Der) 23:45; 3 D Palmer (Hean) 24:09. **M55:** 1 M Smedley (Der) 21:54; 2 B Hampton (N Der) 24:43; 3 W Southgate (RR) 24:55.
M60: E Singleton (Hean) 31:06.
M65: D Capel (RR) 33:34
Women
1 S Mellors (Rip) 23:38; 2 J Burke (Der, W40) 24:51; 3 J Jackson (Der, W45) 25:15; 4 S Stevenson (N Der) 25:22; 5 S Sharman (N Der) 26:06
W45: 2 J Page (RR) 31:32. **W55:** E Robinson (Rip) 27:42
TEAM (Final standings): 1 Ripley 23; 2 North Derbyshire 22; 3 Heanor 17; 4 Derby & County 15; 5 Belper 12; 6 Ilkeston 8; 7 Rolls Royce 7; 8 Sinfin 4

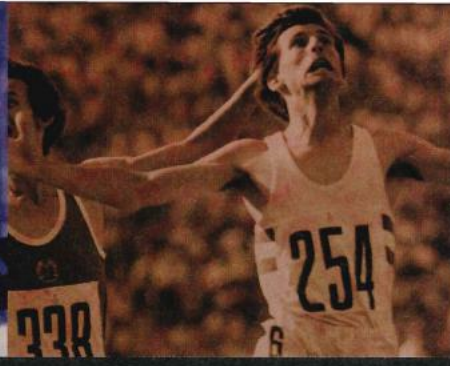
NIKE SSAFA FORCES HELP 5km SERIES
Blackweir, Cardiff
Men
1 S Jones (Card) 14:54; 2 J Phillips (Card) 15:09; 3 J Thomas (Card) 15:32; 4 D Hiscox (B'end) 15:36; 5 M Jennings (Card) 15:51; 6 J Thomas (B'end) 15:58; 7 A Wood (Brackla) 16:08; 8 P Kendrick (SpaT, M40) 16:17; 9 M Collins (Card) 16:20; 10 N Janvier (Brackla) 16:22
U20: 1 G Stokes (Islw) 16:51; 2 N



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- What did Paula Radcliffe dream about the night before winning the Flora London Marathon?
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- Who travelled all the way to Los Angeles for a 10k road race only to get run over by a wheelchair?
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Cornock (Cwmb) 16:55; 3 E Takata (Card) 17:08
M40: 2 J Williams (Neath) 17:29; 3 P Jenkins (B'end) 17:35; 4 J Davies (P'pridd) 17:38; 5 V Stokes (Islw) 17:42. **M45:** 1 D Scarborough (B'end) 17:00; 2 R Jones (Les C) 17:03; 3 H Roberts (B'end) 17:20; 4 N Clement (P&D) 17:27; 5 P Meyler (P'pridd) 17:40; 6 J Embling (B'end) 17:47; 7 M Clissold (Les C) 17:51.
M50: 1 M Tabor (San D) 17:31; 2 R Morris (San D) 17:44; 3 K Quinn (Les C) 17:57; 4 D Rainbird (Club 69) 18:23. **M55:** 1 T Carzana (Peg) 18:18; 2 J Plain (Les C) 18:36; 3 J Aston (Les C) 19:58. **M60:** 1 A Jeffries (Swan) 20:24; 2 T Burt (Brackla) 20:28. **M70:** 1 J Pascoe (Brackla) 26:14; 2 C Lloyd (Griff) 26:23
Series winners
Senior: S Jones. **M40:** P Kendrick. **M45:** D Scarborough. **M50:** M Tabor. **M55:** T Carzana
Women
1 R Goddard (Swan) 17:54; 2 N Haines-Jones (Neath, W35) 18:31; 3 H Yule (Llis, W35) 18:37; 4 J Prichard (Les C) 18:45; 5 A Lunnon (unatt) 19:41; 6 E Francis-Thomas (Card, W40) 19:58; 7 C Davies (P'pridd, W35) 20:00; 8 F Davies (B'end, W45) 20:01; 9 J Scholey (Les C, W45) 20:06; 10 J Brace (B'end, W45) 20:16
W40: 2 D Spencer (Swan) 20:36; 3 WM Edwards (Les C) 20:46. **W45:** 4 N Peters Cardiff AAC 20:55.
W50: 1 E Turner (Les C) 20:30
Series winners
SW: R Goddard.**W35:** C Davies.
W40: WM Edwards. **W45:** J Brace

SELF TRANSCENDENCE 2
The Meadows, Edinburgh
Men
1 A Hart (HBT) 9:49; 2 Kood (Corst) 9:53; 3 B Clark (Corst) 10:13; 4 S Pilkington (Corst) 10:20; 5 G Ackland (Loth, M40) 10:22; 6 P Jumelle (HELP) 10:30
M50: T Ridley (Ferr) 11:03
Women
1 S Blake (HBT, U20) 11:17; 2 J Laing (Portob, W35) 11:30; 3 S Stott (Sri) 12:16

DONCASTER TOWN CENTRE 5km
Men
1 B Farquharson (Mans) 14:48; 2 J Ward (Alt) 14:56; 3 P Bangani (Scun) 15:28; 4 R Harris (Roth) 15:51; 5 A Dyson (Hallam) 15:57; 6 C Ryde (Donc&S) 16:02; 7 P Green (Hallam) 16:05; 8 M Steeper (Donc&S) 16:11; 9 P Tallents (Ret) 16:14; 10 M Broadhead (K'worth) 16:26; 11 A White (Hallam) 16:40; 12 P Kirwin (R'well) 16:43
Women
1 C Patton (Hallam) 17:39; 2 S Marshall (Wake) 18:51; 3 K Young (Leeds C) 19:03; 4 J Seymour (Hallam) 19:33
Veteran race – M40
1 D Hinchcliffe (Long) 16:32; 2 M Hall (Barns) 16:38; 3 K Standrin (Hallam) 16:45; 4 S Wright (Donc&S) 16:57; 5 P Carlan (Mans) 17:06.
M45: 1 D Brooksbank (Barns) 16:50; 2 P Shaw (Roth) 17:03; 3 K Newman (Donc&S) 17:04; 4 M Levery (Sheff) 17:12; 5 N Watkin (Mans) 17:25; 6 P Neal (Roth) 17:36; 7 G Coulam (Clee) 17:38; 8 T Eastwood (Roth) 18:10. **M50:** 1 M Page (Donc&S) 17:15; 2 S Gaines (Roth) 18:08; 3 P Goodall (Barns) 18:10; 4 K Lincoln (Donc&S) 18:54. **M55:** 1 D Gill (Donc&S) 19:37; 2 M Casey (Barns) 19:48. **M60:** 1 P Rowland (Donc&S) 18:50; 2 R Aconley (Donc&S) 19:45
W45: 1 H Garrison (Roth) 19:17; 2 J Wakeman (Barns) 20:43; 3 L Westlake (Barns) 21:28. **W50:** 1 J Chambers (Hallam) 21:43; 2 G Taylor (Roth) 22:07; 3 J Davis (Ackk RR) 22:27

HORWICH RMI JUBILEE NIGHT SERIES 4
Rivington, nr Bolton
Men (4M)
1 R Hayman (Sale) 20:50; 2 P Freary (Belg) 21:02; 3 S Hughes (Leigh) 21:17; 4 J Kovacs (Salf) 21:29; 5 P Roby (Horw) 21:33; 6 K Chapman (Salf) 21:39; 6 M Eadie (N Fylde) 21:47; 7 K Johnston (Chor H) 21:46; 8 M O'Neill (Wig P) 21:51; 10 A Selby (Horw) 21:58
M40: 1 J Howarth (Leigh) 22:50; 2 S Doxey (Swint) 22:54. **M45:** 1 S Williams (Salf) 22:11; 2 P Wood (M'ton) 23:00. **M50:** 1 P Butterworth (Clay) 23:36; 2 E Cook (B'burn) 23:46; 3 D Egan (Roch) 24:23. **M55:** 1 T Hesketh (Horw) 24:25; 2 M Entwistle (Astley) 24:34. **M60:** R Hart (Wig P) 26:36. **M65:** S James (S'port W) 27:22
U17: A Urmston (Leigh) 23:47
TEAM: 1 Horwich RMI H 53; 2 Salford H 58; 3 Leigh H 67
Women
1 L Heyes (Horw) 23:43; 2 K Ingram (Horw) 25:03; 3 L Clough (Wig P, W35) 25:24; 4 L Jolley (Wig P) 25:31; 5 M Lowe (Salf) 25:41
W40: S Budgett (Horw) 26:17. **W45:** A Sweeney (Prest) 25:51. **W70:** L Gilchrist (Vall) 31:31
TEAM: 1 Horwich RMI H 10; 2 Wigan Phoenix 13; 3 Horwich RMI H B 36

SEFTON PARK 5
Liverpool
Men
1 J McCole (Liv H) 25:56; 2 M Weedall (Wrex, M45) 26:37; 3 S McKevitt (Liv H) 26:44; 4 J Wycherley (Hels, M45) 26:47; 5 A Deane (Liv H, M50) 27:02; 6 M McDevitt (Wirr, M50) 27:45; 7 L Cadwallader (Liv H) 27:50
M40: 1 I Cooper (Elles P) 28:09; 2 D Edwards (Liv RC) 28:23; 3 N Grant (Penny L) 28:52; 4 P Schumann (Marconi) 28:59; 5 K Forster (Spec) 29:03; 6 K Hatton (Liv H) 29:21; 7 S Rimmer (Mers TC) 29:25. **M45:** 3 K Buxton (Liv RC) 28:08; 4 P Maher (Vale R) 29:17; 5 G Earlam (W Ches) 29:19. **M50:** 3 A Duncan (Mossley) 30:45; 4 S Ryabou (Vale R) 31:15.
M55: 1 C Slavin (Liv RC) 31:04; 2 T Burke (Penny L) 32:10; 3 B Hargreaves (Liv H) 32:29
Women
1 O Renshaw (Vale R) 29:11; 2 J Clague (Liv H) 29:18; 3 C Davies (Spec) 30:07; 4 S Singleton (Liv H) 31:56; 5 H Whitby (Vale R) 32:14
W45: 1 J Howe (Traf) 33:32; 2 S Cain (Penny L) 34:31. **W50:** M Doyle (Liv RC) 35:56

WIRRAL SEASIDE RUNS 5km SERIES
Leasowe
Men
1 A Peers (Wirr, U18) 15:47; 2 M Stanley (W'sey, M40) 15:50; 3 J Parkinson (Liv H, M40) 16:01; 4 M Hulmston (Wirr) 16:04
M40: 3 G Jenkins (W Ches) 17:01; 4 D Norman (Hels) 17:15; 5 A O'Connor (Sutt SH) 17:22. **M60:** R Brace (D Lloyd RC) 21:58. **M65:** P Edwards (N Vets) 23:08
Women
1 C McIlroy (Wirr) 17:30; 2 J Bailey (W Ches) 19:07

SUNDERLAND 5km
Silksworth Sports Complex, Tyne & Wear
NEW Morpeth recruit, Martin Scaife took two seconds off Michael Openshaw's 2002 course record, also taking the incorporated North Eastern Counties' title.

Scaife, who a week earlier had taken two minutes off the old record in the Darlington Pitstop 10km, pulled away from the leading group of six athletes, halfway round the second of the two laps around the sports complex. His clubmate Mark Hudspith took second place, ahead of AAA junior 5000m champion, Ryan McLeod.

In the near-perfect conditions, Morag McDonnell, sidelined with illness for a few weeks, showed no after-effects, winning the women's race and also equalling clubmate Dianne Henaghan's 2002 record. McDonnell finished in 17th position in the 220-strong field, comfortably defeating Hannah Wootton and the host club's Michelle Holt.
Men
1 M Scaife (Morp) 14:23 (rec); 2 M Hudspith (Morp) 14:29; 3 R McLeod (Els, U20) 14:32; 4 M Openshaw (Bir) 14:45; 5 A Toward (Morp) 14:49; 6 N Wilkinson (Morp) 15:00; 7 S O'Donnell (CleS) 15:11; 8 B Rushworth (Sun, M40) 15:16; 9 T Doughty (Sun, M40) 15:21; 10 D Swinburne (Morp) 15:24; 11 R Stephenson (NSP, U20) 15:32; 12 R Walker (NSP) 15:34; 13 M Tomlinson (CleS) 15:43; 14 S Potts (Sun) 15:46; 15 M Armstrong (Hart) 15:59; 16 N Carr (Aur) 16:11; 17 M McDonnell (CleS, W) 16:17; 18 A Swinburn (Morp) 16:18; 19 S Wells (CleS) 16:19; 20 N Younger Jnr (Sun) 16:28; 21 P Given (unatt) 16:30; 22 A Churchill (Hart) 16:36; 23 C McDonald (SSh) 16:38; 24 K Patterson (Loft) 16:39; 25 P Roper (unatt, M45) 16:41; 26 M Jones (Sh, M40) 16:44
M40: 4 P Redman (Sun) 17:17; 5 R Wills (Sun) 17:24; 6 M Ruffell (J&H) 17:41. **M45:** 2 P Morgan (SSh) 17:05; 3 K Maynard (Sun S) 17:40; 4 M Ingram (Crook) 18:01; 5 F Judson (Sun) 18:07; 6 M Thirlaway (Gate) 18:15. **M50:** 1 C Dentice (Morp) 17:30; 2 B Bosher (Sun) 18:23; 3 P Rees (NSP) 18:43; 4 P Richardson (Sun) 18:52; 5 Dave Dixon (Sun S) 18:54. **M55:** 1 S White (Els) 17:35; 2 B Hume (Low F) 18:15; 3 L Christopher (Sun) 18:49; 4 J Maddison (Sun) 19:34; 5 I Richardson (NSP) 19:48; 6 B Bittlestone (Sun) 19:54. **M60:** 1 T O'Gara (Walls) 18:10; 2 R Wilson (Sun) 19:17; 3 R Balmer (SSh) 20:02; 4 M Relton (NE Vets) 20:10. **M65:** 1 G Smith (Gate) 20:44; 2 K Sutton (Gosf) 20:58. **M70:** E Appleby (Heat) 22:32
NECAA Champs: 1 Scaife; 2 Hudspith; 3 McLeod
Women
1 McDonnell 16:17 (eq rec); 2 H Wootton (Newc U) 17:32; 3 M Holt (Sun) 17:48; 4 S Milburn (CleS) 18:27; 5 M Czarnecka (CleS) 18:40; 6 H Robinson (CleS, W40) 18:53; 7 L Trainor (Dur) 19:01; 8 T Waller (Hart) 19:07; 9 G Adams (NSP) 19:33; 10 C Harrison (Gate, U17) 19:38; 11 D Elliott (CleS, W45) 19:42
W35: A Cantle (unatt) 20:21. **W40:** 2 A Nott (CleS) 20:52. **W50:** P Leslie (Heat) 22:03. **W60:** 1 C Lee (Gosf) 21:45; 2 K Stewart (NSP) 25:02
NECAA Champs: 1 McDonnell; 2 Holt; 3 Milburn

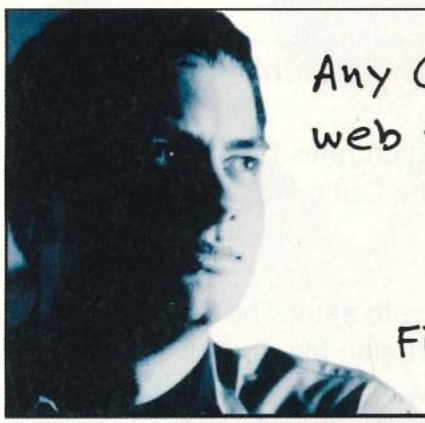
July 20

VETS AC 5km CHAMPS
Battersea Park
Men
1 C Bailey (High, M40) 17:04; 2 L O'Hare (Barn, M55) 17:18; 3 G Jones (Oxf C, M55) 17:31; 4 G Morgan (S Lon, M40) 17:45; 5 C Stone (Rei P, M45) 18:00; 6 L Austin (Orion, M55) 19:21 ... 8 L Barden (B&H, M55) 19:25; 9 D Williams (HW, M55) 19:37; 10 E Simpson (Folk, M65) 19:46 ... 15 P Morgan (Folk, M60) 20:36 ... 18 S Charlton (VAC, M75) 20:56 ... 21 E Baker (Rei P, M65) 21:50 ... 27 B Shave (Herne H, M70) 23:36
Women
1 J Georghiou (Farn R, W55) 20:52; 2 M Rayner (W4H, W50) 21:09; 3 G Morgan (ESM, W40) 21:54 ... 6 A Bath (26.2, W55) 23:47

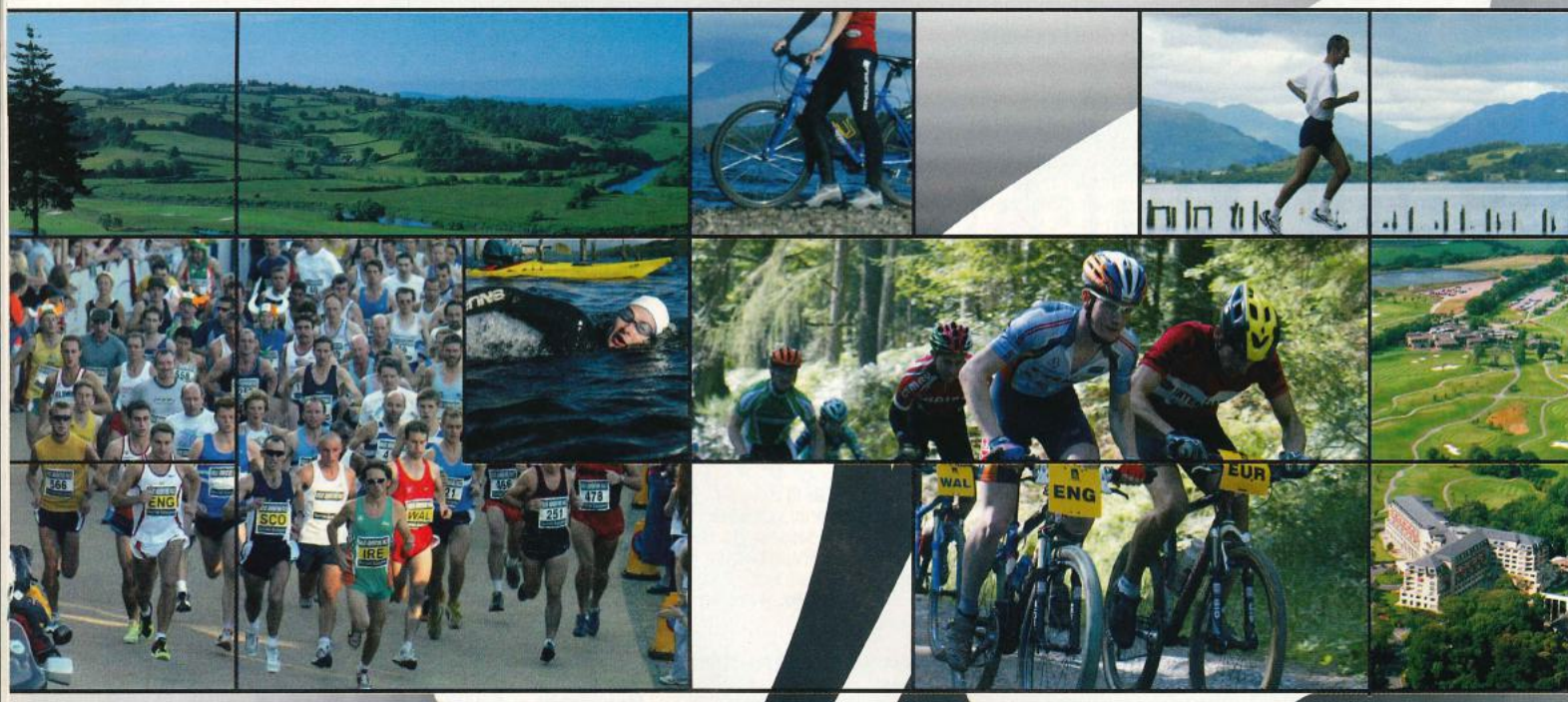
SUMMER LEAGUE SPROATLEY 5km
Hull
Men
1 R Wilson (Scar) 15:35; 2 S Bateson (unatt) 16:02; 3 J Frost (KuH) 16:08; 4 D Williams (Bev) 16:13; 5 L Kirlew (E Hull, M40) 16:38
M40: 2 D Hodgdson (E Hull) 16:46.
M45: 1 S Rennie (KuH) 17:28; 2 I Grewar (E Hull) 18:07. **M55:** 1 W Dolling (E Hull) 19:05; 2 T Payne (E Hull) 19:44
Women
1 C Gray (Bev) 20:22; 2 L Reneaux (KuH) 20:31

July 19

ROUND THE HOUSES
Saltcoats, Ayrshire
Men (4.25M)
1 D Miller (Irv) 20:39; 2 T Murray (Inver, M40) 20:44; 3 L Richardson (Irv) 20:58; 4 C MacKay (G'nock) 21:13; 5 T Hearle (Kilb) 21:42; 6 R Napier (Ayr S) 22:06; 7 C McCall (G'nock, U20) 22:10; 8 C Souter (Ayr S) 22:14; 9 M McQuaid (Falk, M40) 22:21; 10 D Houston (Cambus) 22:43; 11 G Mitchell (G'nock, M40) 22:50; 12 K Haining (JWK) 22:54; 13 C Miller (Irv, M40) 23:20; 14 J Morrison (Inver) 23:27



Fancy a wild weekend?



The Celtic Manor adventure-TRI

Saturday 11th September 2004

1500m swim
15km mountain bike ride
10km trail run

A non-continuous event with breaks for recovery. Various entry categories including individual male and female by age and 3 person relay team. Cash prizes in most categories.

The Great Celtic Manor Trail Run

10km mass participation trail run

A fun event for runners of all abilities around the beautiful grounds of the 5 star Celtic Manor Resort. Individual, 4 person team and junior categories. T-shirt, medal and goody bag for all finishers.

Live entertainment, bar and children's activities

In aid of The Prince's Trust Cymru

Prince's Trust Cymru

Special weekend accommodation rates for participants. For further information call The Celtic Manor Resort on **01633 410262**

For further information on how to enter The Celtic Manor adventure-TRI and The Great Celtic Manor Trail Run, call **0191 272 7033** or visit www.greatrun.org

THE CELTIC MANOR RESORT

The Celtic Manor Resort, Coldra Woods, Newport, South Wales

M40: 4 R Davidson (G'nock) 23:52; 5 B Craig (Irv) 24:29; 6 S McKendrick (Irv) 24:34; 7 P Laing (Ayr S) 27:49
TEAM: 1 Irvine 17; 2 Greenock Glenpark 22
Women
1 J Thomson (Glas, W35) 25:24; 2 A McManus (unatt) 27:51; 3 F McKay (Giff N) 27:56; 4 A Hay (G'nock, W45) 29:42
TEAM: Esparta

SELF TRANSCEDENCE 2
Battersea
Men
1 D Gitav (N Yks) 9:39; 2 M Shone (W'bury) 9:41; 3 N Shasha (Walth) 9:54; 4 J Godber (Dulw) 10:10; 5 D Wilson (Worth) 10:11; 6 M Barlow (Kent) 10:14
M55: M Mann (Dulw) 11:08
Women
1 R Tabor (Dulw W50) 12:44; 2 R Cooley (Dulw) 13:13; 3 J Reid (Rane) 13:14
W50: 2 H Walker (Serp) 14:34

July 18

LANGTON 7.5
Church Langton, Leicestershire
SULA YOUNG and Simon Cotton broke both the course records in this the fourth race of the Leicester Sport Summer League Series, *Mark Woolley reports*.

Cotton, the 36-year-old OWLS athlete, has enjoyed a successful summer on the county roads, coming in to this race on the back of impressive victories recently at the Swithland 6 and Barrow 10. His confidence was evident from the start as he led the pack from the gun, setting the early pace along with Gordon Lee and Ian Grime of Newham. But by the third mile Cotton had made his break and a final mile of 5:22, gave him a new course record and a £50 bonus

In the women's race, which started 10 minutes before the men's, Huncote's Nicki Nealon started as pre-race favourite but Sula Young has been in terrific form, too, and she set a strong pace from the start with Nealon alongside. But Young soon broke clear and won by just under a minute.

Men
1 S Cotton (OWLS) 39:05; 2 G Lee (Nun) 39:50; 3 G Payne (G Eliot, M40) 40:45; 4 C Southam (Stilt) 41:45; 5 M Chamberlain (Road) 42:14; 6 I Grime (NEB) 42:40; 7 S Fenwick (Harb) 42:53; 8 G North (Barr, M40) 43:00; 9 P Gregory (Charn) 43:20; 10 I Ahmed (Birst) 43:33
M50: J Cresswell (Stilt) 44:44
TEAM: 1 Huncote; 2 Stilton; 3 OWLS
Women
1 S Young (Beau) 43:49; 2 N Nealon (Hun, W35) 44:44; 3 L Brown (Nun, W35) 50:19; 4 P Glover (Wrk, W35) 51:16; 5 T O'Donovan (Barr) 51:45; 6 J Davisworth (Beau, W35) 52:02; 7 J Lamb (unatt) 52:11; 8 H Kenny (Nun) 53:03; 9 D Marsden (Beau) 53:13; 10 C Mawer (Birst, W35) 53:18
W50: L Griffen (Birst) 53:21
TEAM: 1 Beaumont; 2 Nuneaton; 3 Barrow

July 16

WASHBURN VALLEY RELAY
Yorkshire Water
Men (19.3M)
1 Skipton 1:44:36 (S Hunn 20:01, S Sayer 23:33, R Barrett 18:54, P Willis 23:09, D Walmsley 18:59); 2 Abbey Runners 1:53:14 (J Brooksbank 21:36, P Harris 25:25, B Wilks 20:33, D Dickson 25:48, J Fortescue 19:52); 3 Otley 1:55:16 (I Fisher 18:42, D Cattanach 32:53, J Mawson 19:05, N Cayton 22:13, P Robinson 22:23); 4 Ilkley H 2:01:14; 5 Keighley & Craven 2:01:40; 6 Skipton C 2:06:00; 7 Keighley & Craven B 2:08:10; 8 Kirkstall H 2:08:16; 9 Skipton B (W) 2:09:49; 10 Abbey Runners B 2:09:51
Fastest – stage 1 (3.5M): Fisher 18:42
Stage 2 (4.3M): Sayer 23:33
Stage 3 (3.7M): Barrett 18:54
Stage 4 (4.4M): Cayton 22:13
Stage 5 (3.4M): Walmsley 18:59
Women
1 Skipton B 2:09:49 (S Glover 23:21, K Chown 26:54, C Coates 26:08, S King 28:35, J Butterworth 24:51); 2 Abbey B Runners Blue 2:21:28; 3 Abbey Runners Red 2:43:49

July 14

STAMFORD 5km
Lincolnshire
Men
1 R Birchall (Notts) 15:17; 2 J Forman (Nene V, U20) 16:14; 3 T Honniball (Bourne) 16:17; 4 G Watts (P'boro, U20) 16:21; 5 K Tombleson (Nene V, U20) 16:29; 6 J Pike (Nene V) 16:34; 7 S Owen (Nene V, M50) 16:37; 8 M Gunby (P'boro, U17) 16:45; 9 C Clarke (Nene V, M45) 16:50
M40: 1 T Wigley (Bourne) 17:12
M50: 2 M Booth (Cent) 17:43; 3 J Griffiths (Rams) 17:52; 4 D Hart (Bourne) 18:13
M55: 1 A Shailes (March) 18:19; 2 M Holt (Nene V) 18:32; 3 J Huggins (NZL) 19:29
M60: J Thomas (Corby) 19:34
Women
1 K Armstrong (SB, W40) 18:38; 2 L Day (Stamford, W45) 19:02; 3 T Lazenby (Nene V, W40) 19:14; 4 C Foley (Linc W, U20) 20:02; 5 A Wood (Werr, W40) 20:07; 6 S Ainslie (P'boro, U20) 20:14; 7 L Carmichael (Nene V, W35) 20:29

PIT STOP 10km
Darlington
Men (only M50 and above ages declared)
1 M Scaife (Morp) 29:52 (rec); 2 A Tatham (Quak) 33:24; 3 S O'Neill (Darl) 34:28
M50: 1 I Scott (Quak) 35:43; 2 C Dentice (Morp) 37:14; 3 G Bell (Darl) 38:23; 4 E Taylor (unatt) 38:45
TEAM: Quakers 15
Women (only W50 and above ages declared)
1 A Raw (Darl) 37:56; 2 S Rutherford (Darl) 39:42; 3 D Richardson (Quak) 40:46
W55: S Gibson (Darl) 49:16

July 13

SWANSEA SEASIDE 5km SERIES
Men
1 M Rees (Swan, M50) 15:16; 2 W Lovett (unatt) 15:33; 3 M Davies (Swan) 15:58; 4 P Griffiths (unatt) 16:05; 5 R Bullen (unatt, M40) 16:06; 6 A Jones (unatt) 16:26; 7 G Jones (unatt) 16:35; 8 A Doel (Swan, M40) 16:39; 9 S Brace (B'end, M40) 16:44; 10 D Wilson-Evans (Swan, M45) 16:51
Vets: 6 J Collins (Swan) 16:59; 7 J Williams (Neath) 17:29; 8 P Dyson (Swan) 17:32; 9 C Elvins (Swan) 17:39
Women
1 N Stanford (Swan) 17:05; 2 R Goddard (Swan) 18:01; 3 N Evans (Swan) 19:48

WOMBOURNE WIGGLE
Men
1 I Mansell 35:29; 2 R Hunter (M40) 36:42; 3 G Dews (M45) 36:58; 4 R Dando 37:44; 5 B Green (M40) 38:27
M45: 2 M Cotterill 39:17. **M50:** 1 M Taylor 39:50; 2 S Bickerton 41:20.
M55: R Davenport 43:13
Women
1 J Phillips (W35) 41:40; 2 C Maynard (W40) 41:56; 3 A Beattie 42:29; 4 N Price 44:10; 5 L Staves (W35) 44:52; 6 D Edge (W50) 45:28

July 11

SHERSTON 10km
Wiltshire
Men
1 B Venables 39:52; 2 A Savery 40:00; 3 D McLeish 40:52
Women
1 J Simmons 44:42; 2 C Hall 45:23; 3 C Sapwell 45:50

BHF PULSE RACE 5
Roundhay Park, Leeds
Men
1 A Hazell (Horsf) 29:13; 2 M Clough (unatt, U17) 29:36; 3 A Cartwright (Leeds C) 29:59
M70: B Cooper (Dews) 37:51
Women
1 A Sainsbury (unatt) 34:35; 2 L Ball (Vall, W50) 36:15

RAMSEY 12km
Near Peterborough
Men
1 M Ward (P'boro) 41:43; 2 D Studd (unatt) 41:49; 3 D Lines (BRJ) 42:12
M40: S Howard (Ely) 43:41. **M45:** 1 J Ryan (March) 45:01; 2 A Houghton (unatt) 45:33. **M50:** 1 J Griffiths (Ramsey) 46:05; 2 R Hill (Ips J) 46:32. **M55:** J Huggins (unatt) 49:16.
M60: 1 J Thomas (Corby) 49:09; 2 R Pilkington (Stops) 49:48
Women
1 A Ovington (unatt) 47:51; 2 T Taylor (P'boro) 49:49; 3 T Lazenby (Nene V, W45) 51:29; 4 Y Scarrott (Werr, W35) 52:20; 5 E Smallwood (PACTRAC) 52:36; 6 A Wood (Werr, W40) 53:18
W50: 1 L Bailey (Nene V) 53:34; 2 S Barnett (C&C) 57:44

Multi-terrain

July 25

DOWNLAND CHALLENGE
JACK & JILL 5
Compton, West Sussex
Men
1 J Baker (Chich R) 33:16; 2 T Byrne (unatt, M40) 35:07; 3 G Gray (Seaf) 35:44; 4 P Guest (Ports J, M40) 36:15; 5 S Holmes (St Radegund, M40) 36:28
M50: G Howard (Ilkley) 38:09
Women
1 K Moore (B&H, U20) 41:25; 2 T Martin (Steyn) 41:47; 3 A Marks (Bing, W35) 45:24
W50: J Bearman (Fitt) 54:16

DOWNLAND CHALLENGE 30
Compton, West Sussex
Men
1 P Morris (Horsh J) 3:55:22; 2 I Wilson (RRC) 3:55:33; 3 A Smalls (Col H) 4:04:06; 4 S Ketteridge (Col H) 4:07:07
Women
1 M Pitt (Hay H) 4:17:40; 2 S Sleath (Hardley) 4:21:15; 3 D Finn (unatt) 5:00:38

MIKE GROVES RUN 5.5km
Wymondham, Norfolk
Men
1 B Gibson (Norw) 19:04; 2 J Preston (Wym) 19:22; 3 A Houghton (unatt) 19:42
M55: J Forkes (E Vets) 22:03
Women
1 O Walwyn (Norw) 20:12; 2 C Sapwell (NNBR) 23:33; 3 P Edwards (Norw RR) 23:58
W55: J Potter (Bung) 28:01

July 22

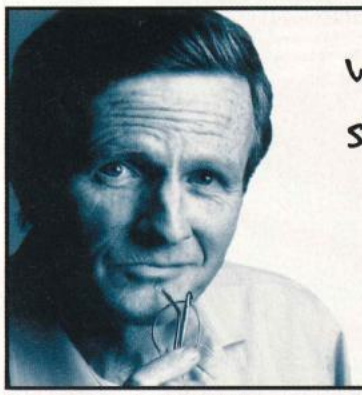
BBC RUNNING CLUB CANAL RACE
White City, London
Men (4.7M)
1 C Primas 26:09; 2 M Willis 27:42; 3 A Young (M40) 27:45; 4 J Dolan 27:45
M50: T King 29:34
Women
1 N Hudson 31:41; 2 K Crowe 32:58; 3 R Sidhwa (W35) 33:04

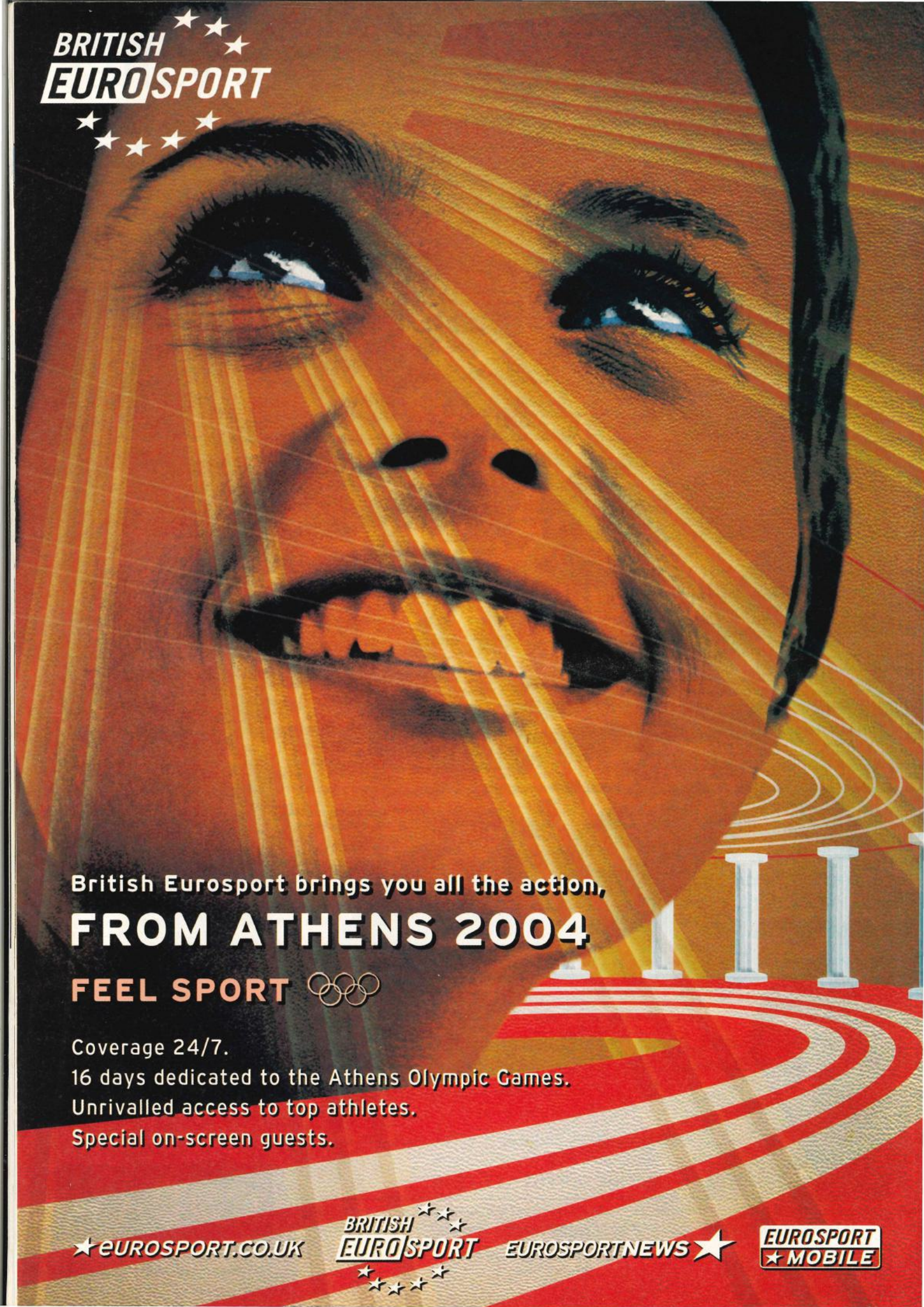
July 21

HARROGATE LEAGUE HANDICAP
Ripon, North Yorkshire
Men (9.2km)
1 I Fisher (Otl) 31:39; 2 A Stimpson (Harr) 33:10; 3 G Dunn (T&S) 34:47; 4 R Johnson (Swale) 35:32; 5 S Johnstone (Swale) 35:33; 6 P Chapman (Ripon, M45) 36:39; 7 I Rowbotham (Harr, M45) 36:42; 8 P Hart (Harr, M40) 36:38; 9 I Scott (R&Z, M40) 37:29; 10 G Powell (Harr) 38:01
M40: 3 B Rogers (R&Z) 38:07. **M45:** 3 D Jelling (Ripon) 38:27; 4 J Armistead (Otl) 38:32; 4 H Jeffrey (Otl) 38:41. **M50:** M Jeffrey (Otl) 38:32. **M55:** P Shields (Ilkley) 41:08.
M60: 1 P Robinson (Otl) 40:58; 2 J Robertshaw (Otl) 41:57; 3 M Coles (Nidd V) 43:30. **M65:** A Hanby (Nidd V) 48:22
Women
1 E Johnson (Swale) 40:07; 2 S Glover (Skip) 40:17; 3 L Souter (Swale, W40) 43:15; 4 E McCann (Ilkley, W35) 45:04; 5 K Robertshaw (Otl, W60) 45:21
W45: S Morley (Nidd V) 47:33.
W50: P Kirby (T&S) 48:00. **W55:** M Gibbs (T&S) 49:44
Combined handicap: B Ter Haar (Swale) 49:33

July 20

BLACK KNIGHT CHARGE TRAIL 6
Ashton-under-Lyne, Lancashire
Men
1 L Hurst (Alt) 35:37; 2 M Kuronen (E Ches, M45) 37:54; 3 M Shaw (E Ches) 37:56; 4 G Piper (E Ches, M40) 38:05; 5 G Raven (Sale) 38:46; 6 L Brown (E Ches) 38:49; 7 M Crieghton (E Ches, M40) 38:56; 8 C Whitworth (E Ches) 39:14; 9 M Martin (unatt) 39:19; 10 G Fleet (Sadd) 39:54
M40: 3 G Matthews (E Ches) 40:42.
M45: 2 R Darbyshire (Salf) 40:50; 3 N Hennigan (Sale) 43:12. **M50:** 1 D Mellor (E Ches) 40:15; 2 F Day (E Ches) 40:40; 3 B Fox (Sale) 43:22.
M55: 1 B Little (E Ches) 41:22; 2 T Carson (E Ches) 43:21; 3 A Kay (100 MC) 47:28. **M60:** R Ashby (Sale) 48:22. **M65:** 1 B Gaine (Sale) 48:07; 2 R Woolmer (E Ches) 51:19


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TEAM: 1 East Cheshire H 15; 2 East Cheshire H B 38
Women
1 L Carson (E Ches) 42:39; 2 R Dunnington (E Ches, W50) 44:18; 3 C Milnes (E Ches, W45) 49:33
W55: E Carson (E Ches) 56:49
TEAM: East Cheshire H 6

FAIRLANDS MIDWEEK LAKES RELAYS
Stevenage
Men (4x3km)
1 Bedford & County 46:23 (R Payne 9:59, S Herring 9:08, O Matthews 8:42, R Powell 9:19); 2 Royston Runners 48:55 (I Murray 9:21, S Brown 9:30, V Long 10:03, R Turner 9:50); 3 North Herts RR 49:07 (K Ferry 9:43, P Northover 10:00; P Pearce 9:44, M Ansfield 9:30); 4 Garden City R 49:11; 5 Fairlands Valley Spartans 50:18; 6 Bedford & County B 51:35; 7 Royston Runners B 51:55; 8 Bedford Harriers Vets 52:02; 9 Riverside R 52:06; 10 Herts Phoenix 52:19
Fastest: Matthews 8:42
Women (3x3km)
1 North Herts RR 33:29 (A Klein 10:43, S Crowe 11:49, M Winters 10:57); 2 Garden City R Vets 33:42 (S Fitt 10:43, V Shadbolt 12:15, M Livingstone 10:44); 3 Garden City R 34:19 (E Ferry 11:08, L Stewart 11:43, A Pike 11:28); 4 Herts Phoenix 34:36
Fastest: Klein/Fitt 10:43

July 18

FAIRLANDS VALLEY SPARTANS MULTI-TERRAIN MARATHON inc TRA Champs
Stevenage
Men (26.2M, hh:mm)
1 B Cole (RN) 3:53; 2 W Gristwood (ESM, M45) 3:53; 3 S McCartney (Ampt) 3:54; 4 J Averty (TRA) 3:54; 5 R Nugent (St Alb) 3:59
M40: R Gurd (Windle) 4:08. **M50:** 1 P Redden (R'side) 4:11; 2 K Fancett (LDW) 4:15. **M60:** S Mann (Herts P) 4:28. **M65:** P Lovell (B&B) 4:56
Men (18.3M)
1 C Braybrook (St Alb, M40) 2:32; 2 G Kellett (St Alb) 2:47; 3 N Whittle (Camb Tri, M45) 2:47; 4 R D'Aversa (M'head, M40) 2:48
M50: W Crane (Dunst) 2:57. **M60:** D Sedgley (Ampt) 3:08. **M65:** M Turner (Liv) 3:30
Men (11M)
1 R Brown (TRA) 1:20; 2 T Apps (S'field, **W35**) 1:29; 3 R Rodie (S'field, M50) 1:29
Women
1 R Sutcliffe (R'side, W35) 4:10; 2 J Cobby (N Elth, W40) 4:23; 3 J Leak (Chilt, W40) 4:28
W50: L Taylor (Gard CR) 5:35. **W65:** E Draper (Gard CR) 5:54
Women (18.3)
1 E Walls (St Alb, W45) 3:03; 2 Z Lowe (St Alb, W35) 3:04
W45: 2 J Cooke-Simmons (LDW) 3:07. **W50:** J Goodey (unatt) 3:37
Women (11M)
1 T Apps (S'field, W35) 1:29; 2 S Crowe (NHRR) 1:50

Fell

July 25

HOLME MOSS RACE
Holmbridge, nr Holmfirth, Huddersfield
Men (16M/4000ft):
1 T Werrett (Mercia) 2:30:16; 2 A Shaw (Holm, M40) 2:30:27; 3 A Ward (Dark Pk) 2:30:40; 4 P Smith (Holm) 2:33:57; 5 D Watson (Holm) 2:34:45
M40: 2 R Glover (P&B) 2:40:52.
M50: K Holmes (Dark Pk) 2:41:41.
M55: D Tait (Dark Pk) 2:48:48
TEAM: 1 Holmfirth 11; 2 Dark Peak 18
Women
1 H Thorburn (Dark Pk) 3:16:34; 2 N Kirre (Ilkley) 3:16:44; 3 A Forrest (Amble) 3:25:32
W40: C Bagguley (G'dale) 3:48:14.
W50: B Hoyland (Holm) nt

July 24

INTERNATIONAL SNOWDON RACE
Llanberis, Gwynedd
Men (10M/3300ft)
1 I Holmes (ENG) 65:38; 2 J Rancon (FRA) 66:04; 3 A Vaughan (WAL) 66:12; 4 T Davies (WAL) 67:14; 5 M Zanaboni (ITA) 67:21; 6 W Levett (Bed C) 67:43; 7 C Donnelly (SCO, M40) 68:12; 8 R Hope (ENG) 68:28; 9 P Valour (FRA) 68:59; 10 F Torresani (ITA) 69:00; 11 B Nouah (SLO) 69:17; 12 S Gatti (ITA) 69:32; 13 T Austin (ENG) 69:55; 14 C Roberts (Kend, M40) 70:08; 15 L Taggart (ENG) 70:11; 16 P Thibault FRA) 70:22; 17 N Fish (ENG B) 70:31; 18 M Whitfield (Bing) 70:38; 19 S Stainer (ENG B) 70:47; 20 D Hope (ENG) 71:03; 21 M Bouldstridge (Mercia) 71:10; 22 DW Jones (WAL) 71:24; 23 J Brooks (SCO) 71:41; 24 T Lenton (SCO) 71:44; 25 A Symonds (Kend) 71:55; 26 T Owes (Bris U) 72:07; 27 B Marshall (SCO) 72:14; 28 P Winskill (Dark Pk) 72:31; 29 S Neill (P&B) 73:04; 30 A Jones (WAL B) 73:27
M40: 2 B Fausto (ITA) 73:39; 3 R Gallagher (W'lands CC) 74:59. **M50:** 1 G Owen (unatt) 78:26; 2 C Davies (Sadd) 82:19; 3 M Pickering (Eryri) 83:25
M60: D Williams (Eryri) 84:33
TEAM: 1 England 22; 2eq France/Italy 27
Women
1 C Whitehead (SCO) 78:28; 2 J Tait (SCO) 80:53; 3 N White (ENG) 81:09; 4 J Hargreaves (ENG) 81:48; 5 L Sharp (ENG) 83:56; 6 A Brand-Barker (WAL, W40) 87:59; 7 K Jenkins (SCO) 88:06; 8 J Lee (WAL) 89:26; 9 R Metcalfe (WAL) 89:53; 10 H Murray (unatt) 90:35; 11 K Bailey (unatt) 91:04; 12 O Shileen (unatt) 92:33
W40: 2 C Harvey (unatt) 92:59; 3 V Musgrove (Eryri) 98:11. **W50:** S Hughes (Eryri) 1:44:11
TEAM: 1 Scotland 3; 2 England 7; 3 Wales 14

TURNSLACK FELL RACE
Littleborough, Greater Manchester
Men (8M/2000ft)
1 D Kay (Horw) 67:08; 2 B Bowland (Horw) 67:09; 3 S Macina (P&B) 68:45; 4 A Preedy (Ross) 69:04; 5 S Hoyle (Ross) 69:21
M40: C Shuttleworth (Clay) 69:49.
M50: M Walsh (unatt) 73:12. **M60:** D Ashton (Darw D) 79:33. **M70:** D Clutterbuck (Tod) 1:41:59
TEAM: 1 Horwich RMI H 28; 2 Rossendale H 43; 3 Clayton-le-Moors H 93
Women
1 M Laney (Clay, W50) 77:25; 2 J Commons (Clay, W40) 84:32; 3 G Dewhurst (Radc) 86:56

July 23

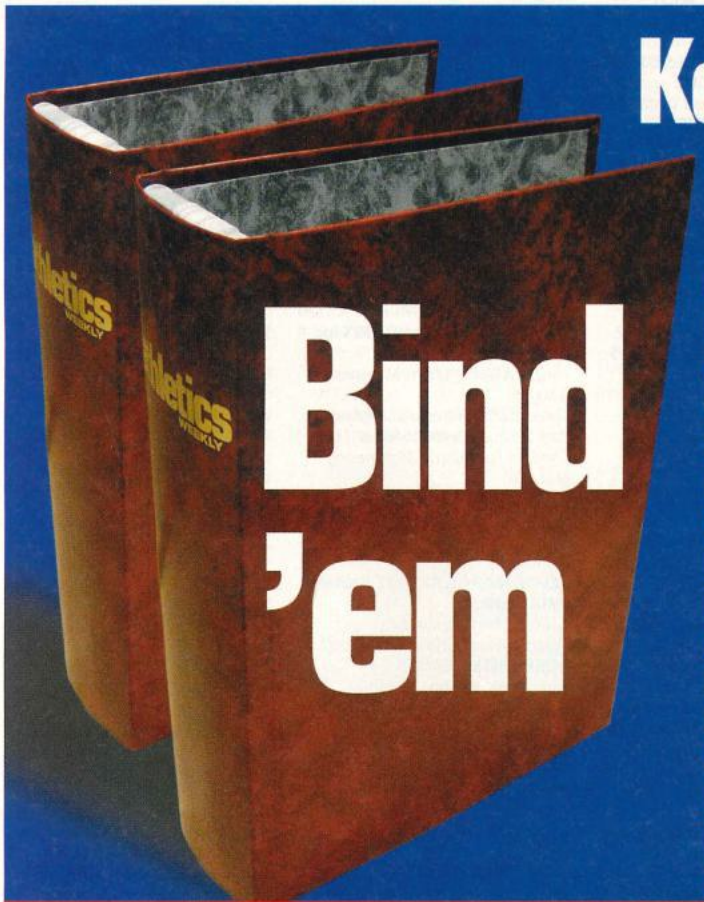
OFF BEAT BIKES AONOCH MOR UPHILL RACE
Fort William (2.5M/2200ft)
Men
1 D Rodgers (L'aber) 23:12; 2 S Burns (L'aber) 25:10; 3 G Coulthard (C'thy) 25:52
Vet: J Maitland (L'aber) 26:31
Women
1 M Shiell (C'thy, U20) 27:12; 2 N MacDonald (L'aber) 33:47; 3 S McKenzie (L'aber, U20) 34:15
Vet: M Aitken (L'aber) 37:18

July 21

WIDDOP FELL RACE
Hebden Bridge, West Yorkshire
Men (7M/1200ft)
1 K Gray (Calder V) 49:32; 2 S Oldfield (Brad A, M45) 58:59; 3 A Breaks (Calder V) 51:16; 4 M Horrocks (unatt, M40) 52:32; 5 T Taylor (Ross, M45) 52:43
M50: R Bellaries (Clay) 58:34. **M55:** D Spendlove (Calder V) 64:35. **M60:** R Blackley (Tod) 65:49. **M65:** G Arnold (Prest) 73:20
TEAM: Calder Valley 19
Women
1 K Rogan (Wharf) 66:00; 2 J Smith (Tod, W45) 67:36; 3 C Preson (K&C, W40) 68:41
W50: S Exon (Traf) 75:05

July 20

INVISTA ROSEBERRY TOPPING RACE
Great Ayton, North Yorkshire
Men (1.5M/715ft)
1 J Blackett (NYM, M40) 11:56; 2 A Burt (York A) 12:37; 3 J McCready (Darl) 12:51; 4 P Wilkin (T&S, M40) 13:01; 5 I Ellmore (Scar) 13:06
M50: A Ward (Swale) 15:51. **M60:** A Wikeley (T&S) 16:25
TEAM: York Acorn 42
Women
1 M Laney (Clay, W50) 15:28 (W50 rec); 2 K Neesam (N Marske) 15:59; 3 C Worth (NYM, W45) 17:10



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What's On

Preview guide to forthcoming events worldwide

Track

Wednesday July 28

CHELTENHAM & COUNTY HARRIERS MIDSUMMER OPEN GRADED
Prince of Wales Stadium, Cheltenham. 7pm.
Contact: Joyce Barrus. 01452-812942
ROSENHEIM LEAGUE
Eastern: Tooting. **Western:** Roehampton.
WOODFORD GREEN WITH ESSEX LADIES OPEN GRADED
Woodford Green. 6.30pm.
Contact: kenbray@virgin.net
Entry: £2.

Friday July 30

NORWICH UNION LONDON GRAND PRIX
Crystal Palace. (Preview p.12-13)

Saturday July 31

BRITISH LEAGUE
Division 1: Plaistow. **Divisions 2&3:** Stoke-on-Trent. **Division 4:** Abingdon.
GLOUCESTER SEVERN OPEN
Blackbridge Track, Gloucester. 1.30pm.
Contact: 01452-410885/722075
NORTH OF ENGLAND LEAGUE
Division 1: Blackpool. **Division 2E:** Middlesbrough. **Division 2EC:** Cudworth. **Division 2WC:** Lancaster. **Division 2W:** Ellesmere Port. **Division 3E:** Darlington. **Division 3EC:** Scunthorpe. **Division 3WC:** Cleckheaton. **Division 3W:** Wigan. **Division 4E:** Darlington. **Division 4EC:** Sheffield. **Division 4WC:** Leeds. **Division 4W:** Warrington.
NORTHERN IRELAND YOUNG ATHLETES' LEAGUE FINAL
Antrim.
SOUTHERN MEN'S LEAGUE
Division 1: Ilford, Haringey, Yeovil, Worthing, Peterborough. **Division 2:** Hemel Hempstead, Hastings, Kingston, Reading, Battersea Park. **Division 3N:** Haringey, Kings Lynn, Peterborough, Stevenage. **Division 3S:** Croydon, Portsmouth, Croydon, Hastings. **Division 3W:** Reading, Salisbury, Portsmouth, Salisbury. **Division 4N:** Walthamstow, Walthamstow, Stevenage, Hemel Hempstead. **Division 4S:** Battersea Park, Kingston, Hoo, Worthing. **Division 4W:** Poole, Poole, Basingstoke.
UK WOMEN'S LEAGUE
Division 1: Sportcity, Manchester. **Division 4:** Abingdon.
UKA NATIONAL YOUNG ATHLETES' LEAGUE
Southern Premier: Bromley, Eton, Bedford, Hendon. **Southern 1E:** Basildon, Southend, Thurrock, Dacorum. **Southern 1W:** Guildford, Worthing, Perivale, Southampton. **Southern 2NW:** Abingdon. **Southern 2E:** Dartford. **Southern 2SW** Wimborne. **Southern 2S:** Kingston upon Hull. **Southern 2SE:** Horsham. **Northern Premier:** Middlesbrough, Leeds, Wigan, Cudworth. **Northern 1E:** Chester-le-Street, Rotherham, Grimsby, Jarrow. **Northern 1W:** Ormskirk, Warrington, Liversedge, Connah's Quay. **Northern 2SE:** Bradford. **Northern 2C:** Lancaster. **Northern 2SW:** Crewe. **Midland Premier:** Cwmbran, Tamworth, Cheltenham, Alexander Stadium. **Midland 1E:** Derby, Peterborough, Nuneaton, Telford. **Midland 1W:** Bath, Newport, Brierley Hill, Yate.
WELSH SENIOR LEAGUE
Newport.

Sunday August 1

SCOTTISH YOUNG ATHLETES' LEAGUE FINAL
Grangemouth.
UK WOMEN'S LEAGUE
Division 2: Wavertree Stadium, Liverpool. **Division 3:** Ashford.

Tuesday August 3

AVRIL BOWRING MEMORIAL OPEN GRADED
Tonbridge. 6.20pm.
Contact: Iain Presnell. 01892-822027
TRAFFORD AC GRAND PRIX
Longford Park Stadium, Manchester. 6.30pm.
Contact: Mike Harris c/o Longford Park Stadium, Ryebank Road, Chorlton-cum-Hardy, Manchester, M21 9TA

Wednesday August 4

BMC LONDON REGIONAL RACES
Eltham.
CHARNWOOD OPENS
Loughborough. 6.45pm.
VETERANS AC MEETING
Battersea. 7pm.
Contact: Jeremy Hemming. 0208-8719989
WATFORD OPEN GRADED
Woodside Stadium, Watford.

Thursday August 5

RIVER ROCK YOUNG ATHLETES' SERIES
Belfast. 6.30pm.

Saturday August 7

AAA U17 & U15 COMBINED EVENTS CHAMPIONSHIPS inc MIDLAND CHAMPIONSHIPS
Alexander Stadium, Birmingham. Until August 8.
CELTIC GAMES
Grangemouth.
LONDON INTER-CLUB CHALLENGE
Woodford Green, London. 1pm.
MID LANCS LEAGUE
Pendle.
Contact: Ron Scott. 01704-566995
MIDLAND MEN'S LEAGUE
Division 1: Telford. **Division 2:** Leamington. **Division 3:** Nuneaton. Division 4: Yate. **Division 5&6:** Mansfield.

BRITISH EUROSPORT TV guide

British Eurosport

- **Wednesday July 28**

8.00-10.30am – Highlights of the IAAF Super Grand Prix from Stockholm.
1.15-2.45pm – Highlights of IAAF World Junior Championships.

- **Friday July 30**

5.30-9.00pm – Live coverage of the Norwich Union London Grand Prix in Crystal Palace.

BBC TWO

- **Friday July 30**

6-9pm – Live action from the Norwich Union London Grand Prix at Crystal Palace. See pages 12-13 for preview.

Times subject to change

NORTHERN IRELAND COMBINED EVENTS CHAMPIONSHIPS
Antrim. Until August 8.
SOUTHERN WOMEN'S LEAGUE
Division 1: Eton, Bedford, Reading, Crawley, Harrow. **Division 2:** Eton, Woking, Bournemouth, Abingdon, Haringey. **Division 3 North:** Uxbridge, Uxbridge, Mile End, Mile End. **Division 3 South:** Croydon, Hastings.

Sunday August 8

BMC NIKE GRAND PRIX
Scotstoun, Glasgow.
CHESHIRE LEAGUE
Bury, Crewe, Tba.
COMPLETE RUNNER WEST YORKSHIRE LEAGUE
Wakefield. 1pm.
Contact: Grace Hall. 01924-503215
EAST ANGLIAN LEAGUE
Kings Lynn, Ipswich, Great Yarmouth.
HALLIBURTON LEAGUE
Aberdeen, Inverness.
JSB PLUMBING FORTH VALLEY LEAGUE FINAL
Pitreavie. 10.30am.
MIDLAND WOMEN'S LEAGUE
Division 2: Telford. **Division 3:** Dudley.
NITHSDALE AC OPEN GRADED
David Keswick Athletic Centre, Dumfries. Noon.
Contact: Helen Lynn. 01387-256277.
SOUTH OF ENGLAND U20 & U15 INTER-COUNTIES
Tilsley Park, Abindgon.
SURREY VETERANS INTER-COUNTY CHAMPIONSHIPS
Julie Rose Stadium, Ashford. 10.30am.
Contact: Arthur Kimber. 01634-389554
U23 INTER-TERRITORIAL MATCH
Derby (tbc).

Wednesday August 11

BMC SOUTH REGIONAL RACES
Brighton.
DATA CONNECTION OPEN
Queen Elizabeth Stadium, Enfield.
Contact: Ray Gibbins. 0208-8056543
GLASGOW CITY COUNCIL OPEN GRADED
Scotstoun, Glasgow. 7pm.
Contact: Brian Donaldson. 0141-287 4725
SOUTH OF ENGLAND 10,000m CHAMPIONSHIPS
Brighton.
WELSH MASTERS LEAGUE
Cardiff.
Contact: Mary Webb. 02920-595319

Saturday August 14

AAA U17 & U15 CHAMPIONSHIPS
Alexander Stadium, Birmingham. Until August 15.
EBBISHAM LEAGUE
Kingston.
Contact: David Barrington. 01932-789758
SOUTHERN MEN'S LEAGUE
Division 1: Basingstoke, Eton, Tonbridge, Haringey, Luton. **Division 2:** Perivale, Eltham, Basildon, Bedford, Portsmouth.
SUNDAY MAIL SCOTTISH SENIOR CHAMPIONSHIPS
Scotstoun, Glasgow. Until August 15.

Sunday August 15

ALDER VALLEY GIRLS' LEAGUE
Palmer Park, Reading, Berkshire. 12.15pm.
Contact: 01635-521012
ARNOLD SEDDON MEMORIAL YOUNG ATHLETES' MEDAL MEETING
Robin Park, Wigan. 11.30am.
Contact: Dave Willey. 01704-892637
ARNOLD SEDDON OPEN MEETING
Robin Park, Wigan.
BALTIC SQUARE POLE VAULT
Gateshead Quay, Gateshead, Tyne and Wear. Noon.
Contact: Richard Hunter. 0191-2415372
DENNETT TROPHY AND OPEN MEETING
Yeovil Athletics Arena, Yeovil. Noon.
Contact: David Cooke. 01278 662271
EASTERN YOUNG ATHLETES' LEAGUE
Chelmsford, Stevenage.
TERRY DAVIES MEMORIAL MEETING
Victoria Park, Warrington. 12.30pm.
Contact: Sue Makin. 01925-490207
BALTIC SQUARE POLE VAULT COMPETITION
Baltic Square, Gateshead.
HEART OF ENGLAND LEAGUE
Division 2: Dudley.

Tuesday August 17

TRAFFORD AC GRAND PRIX inc BMC GOLD STANDARDS
Longford Park Stadium, Manchester. 6.30pm.
Contact: Mike Harris c/o Longford Park Stadium, Ryebank Road, Chorlton-cum-Hardy, Manchester, M21 9TA

Wednesday August 18

BMC GOLD STANDARDS
Watford
CELTIC MANOR RESORT GRAND PRIX SERIES
Court Herbert Track, Neath.
Contact: Alan Currie. 01639-645121
ROSENHEIM LEAGUE
Tooting Bec. 6.45pm.
Contact: David Barrington. 01932-789758

Friday August 20

MANSFIELD H&AC OPEN GRADED MEETING
Berry Hill, Mansfield. 6.45pm.
Contact: 01623-635991

Saturday August 21

BAL GOLDEN JUBILEE CUP FINAL
Bedford.
BOURNEMOUTH MULTI-EVENTS
King's Park, Bournemouth.
Contact: tracksec@freeserve.co.uk
GLOUCESTER SEVERN OPEN inc PENTATHLONS
Crypt School, Podsmead Road. 1.30pm.
Contact: 01452 410885
LILY B LEAGUE
Guildford.
Contact: Paul Eales. 01737-354694
NORTH OF ENGLAND INTER-COUNTIES CHAMPIONSHIPS
Cudworth.
NORTH OF ENGLAND U15 PENTATHLON CHAMPIONSHIPS
Gateshead.
NORTHREN IRELAND MASTERS CHAMPIONSHIPS
Bangor (Northern Ireland).
VETERANS AC WEIGHTS PENTATHLON CHAMPS
West Ewell.
Contact: Jeremy Hemming. 0208-8719989
WELSH JUNIOR LEAGUE PLATE FINAL
Aberdare.

Sunday August 22

ALDER VALLEY BOYS' LEAGUE
Thames Valley Athletics Centre, Eton.
Contact: 01635-521012
CORNWALL OPENS
Carn Brea, Redruth. Noon.
Contact: Dave Varney 38 Manor View, Par Cornwall, PL24 2EN
HORSHAM BLUE STAR OPEN
Horsham.
Contact: John Linfield. 01903-814685
LONDON HEATHSIDE OPEN
Finsbury Park, London. 2pm.
Contact: Paul Lemmon - 0207-2814006
MEDAL MEETING
Wigan.
Contact: Ron Scott. 01704-566995
MID LANCS MEDAL MEETING
Robin Park, Wigan.
MIDLAND WOMEN'S LEAGUE
Div 1: Birmingham. Div 4: Tipton.
SCOTTISH LEAGUE
Various.
Contact: Mike Clerihew. 0131-3312412
SCOTTISH WOMEN'S LEAGUE
Grangemouth.
U20 TERRITORIAL MATCH
Ipswich.
WELSH JUNIOR LEAGUE CUP FINAL
Brecon.
WIGAN MEDAL MEETING
Wigan.
Contact: Ron Scott. 01704-566995

Thursday August 26

RIVER ROCK YOUNG ATHLETES' SERIES
Belfast. 6.30pm.

Saturday August 28

CUMBRIAN LEAGUE
Lancaster.
HERNE HILL HARRIERS OPEN inc SURREY 10,000m CHAMPIONSHIPS
Tooting Bec, London. 1.45pm.
Contact: Kevin Kelly. 0208-6770337
NEWQUAY & PAR OPEN ONE DAY COMBINED EVENTS inc OPEN POLE VAULT
Par Track, Par.
Contact: Dave Varney, 38 Manor View, Par, Cornwall PL24 2EN
TARTAN GAMES
Gateshead Stadium, Gateshead.

Sunday August 29

GOLDEN LEAGUE
Kettering Track, Kettering. 12.30pm.
Contact: Roy Humphries. 01788-860398

NATIONAL JUNIOR LEAGUE PROMOTION MATCHES
Cleckheaton, tba.

NORTH OF ENGLAND INTER-CLUB CHAMPIONSHIPS
Cudworth.

SCOTTISH U20 & U17 CHAMPIONSHIPS
Grangemouth.

TATE & LYLE YOUNG ATHLETES OPEN
Terence McMillan Stadium, Prince Regent Lane, Plaistow, London. 11am.
Contact: D Green, 41 Queenswood House, Eastfield Road, Brentwood CM14 4HF
Entry: £6. Extra on day: £1

VETERANS AC CLOSED CHAMPS
Battersea. 11.30am.
Contact: Jeremy Hemming. 0208-8719989

KENDALL / SWALLOW U20 JUNIOR INTER-TERRITORIAL
Watford.

Road

Wednesday July 28

DOUG ANDERSON MEMORIAL 5km
Bedford Park, Park Avenue, Bedford, Bedfordshire. 7.30pm.
Contact: Jacinta Horne. 01234-307013
Entry: £4.50.

LINCOLN WELLINGTON 5km SERIES
Yarborough Leisure Centre, Lincoln, Lincolnshire. 7pm.
Contact: info@lwac.fsnet.co.uk

PETERBOROUGH 5km GRAND PRIX SERIES
Lindisfarne Road, Eye, Peterborough. 7.30pm.
Entry: £2.50.

Thursday July 29

SOUTH LONDON HARRIERS INFORMAL 10km
Coulsdon, Surrey. 7.30pm.
Contact: Richard Carter. 0208-6604477
Entry: £2.50.

STOCK EXCHANGE 5
Victoria Park, London. 7pm.
Contact: 01277-654244
Entry: £1.

Friday July 30

GOBOWEN 4 (PENTARATHON SERIES)
Gobowen Playing Fields, Gobowen, Shropshire. 7pm.
Contact: Doug Morris. 01691-653338

British Athletics League Division One, Plaistow, Saturday July 31

THIS year's league programme reaches its climax this weekend and although they go into the final match with a three-point cushion, defending champions Belgrave Harriers are taking nothing for granted, *writes Tom Pollak*.

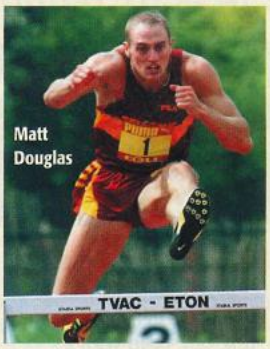
At least four of their six male members of Britain's Athens-bound team are expected to make an appearance at Plaistow, which is the venue for a British League match for the first time for around a decade. Olympic 4x400m relay squad member Sean Baldock goes in the individual 400m while 400m hurdler Matt Douglas competes in that event.

Chris Lambert and Tim Benjamin who won the trials 200m and 400m events are expected to run relay legs.

Belgrave, aiming for a record eighth-successive league triumph, also include British veterans' hammer throwing record-holder Mick Jones, world junior championships representatives Chris Gearing (shot), Wade Bennett-Jackson (100m) and Ryan Dinham (400m hurdles) in a strong squad.



Chris Gearing



Matt Douglas

Woodford Green with Essex Ladies, Belgrave's closest challengers, were hoping Emeka Udechuku, who gained 11th hour selection for the discus in Athens, will turn out in the shot and discus to boost their team.

But, all signs are that, after starting the season with their worst league team performance for almost a decade, Belgrave are home and dry and have a team capable of ending the season with a convincing match win.

The meeting starts at 11.30am with the hammer. The final track event, the 4x400m relay is scheduled for 4.20pm.

♦ **Standings after there matches:** 1 Belgrave H 21 (9570); 2 Woodford Green with Essex Ladies 18 (916); 3 Newham & Essex Beagles 16 (829); 4 Enfield & Haringey 13 (773.5); 5 Birchfield H 11 (816); 6 Shaftesbury Barnet 11 (773.5); 7 Thames Valley H 9 (744); 8 Sale H Manchester 9 (718)

♦ **Venue:** Terence McMillan Stadium, Newham Leisure Centre, 281 Prince Regent Lane, London E13 8SD

♦ **Nearest station:** Tube – Prince Regent (0.8M); Railway – Custom House (0.9M); M11 Junction 4 (5M)

Entry: £4.

SERPENTINE/RUNNER'S WORLD 5km
The Bandstand, nr Hyde Park Corner, Hyde Park, London. 12.30pm.
Contact: Malcolm French. 0208-4223900
Entry: £2. No entry on day

Saturday July 31

TRENT PARK RC 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Oakwood, Enfield, London EN4 0PS. 9.30am.
Contact: Julie van der Helstraete. 0208-3678697
Entry: £2.

Sunday August 1

BODDINGTON 50km (AAA ULTRA CHAMPS) & 5km
Boddington Manor. 11am.
Contact: 61 Darell, Quedgeley, Gloucester GL2 4YR Norman Wilson. 07979-865453
Entry: £15/£5. Extra on day: £2/£1

FEELFINE BRITISH 10km
London.
www.thebritish10klondon.co.uk

HOOKY 6
Hook Norton Sports and Social Club, Hook Norton, Banbury, Oxfordshire.
Contact: 01295-251749

SALE 10
Wythenshawe Park Track, Wythenshawe Road, Manchester. 9.30am.
Entry: £5.

Monday August 2

CRYSTAL PALACE CANTER 5km
Top car park, National Sports Centre, Crystal Palace, London. 12.30pm.
Contact: 0208-6995949

SELF TRANSCENDENCE 2
West Carriage Drive, Battersea Park, London SW11. 7pm.
Contact: Tony Smith. 0207-2221314
Entry: £3 on the day only.

Tuesday August 3

BERRYHILL FIELDS 10KM
Berryhill Sports Centre, Arbourfield Drive, Stoke-on-Trent.

Wednesday August 4

CHORLEY HARRIERS 4 NIGHT SERIES
Astley Village, Chorley, Lancashire. 7.30pm.
Contact: Sarah Bennett. 01257-270506
Entry: £3.50. Extra on day: £1

Thursday August 5

LLOYDS TSB FUN & FITNESS 4
Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.
Contact: Terry Haines. 01452-410885
Entry: £2.50.

Friday August 6

BLISWORTH FRIDAY 5km
Blisworth Football Club, Blisworth, Northamptonshire. 7.30pm.
Contact: Mandy Dennis. 01604-870811
Entry: £6.50.

Saturday August 7

CRANHAM BOUNDARY CHASE
Cranham Common, Cranham, nr Painswick, Gloucestershire. 6pm.
Contact: Richard Poole. 01452-311641
Entry: £3.50. Extra on day: £1

NJ EVANS DOLGELLAU 5
Dolgellau Recreation Club, Marian Recreation Ground, Dolgellau, Gwynedd. 1.30pm.
Contact: Graeme Stringer. 01341-251061

Sunday August 8

ASKERN 10
The Yorkshire and South Yorkshire 10 Mile Championships inc 3km fun run Askern Miners Welfare Club 10.30am, 3km 10.40am.
Contact: Askern District Running Club

ELLOUGHTON 10km
Brantingham Park, Elloughton, East Riding of Yorkshire HU15 1HX. 11am.
Contact: Jim Dingwall. 01482-659173
Entry: £6. Extra on day: £2

NEWARK HALF-MARATHON
Newark, Nottinghamshire. 10.30am.

UK Women's League, SportCity, Manchester, Saturday July 31

THE 30th edition of the UK Women's League comes to a close with Sale Harriers chasing an unprecedented fifth consecutive title.

Sale Harriers won the second match and are favourites as they go into the third and final fixture with a one-point lead over Trafford, who won the opener. Eight points will be granted the winners, seven the runner-up, down to one for eighth place. Cumulative event points will decide the winners in the event of a tie.

Sale have been only the ever-present club in division one of the league and team manager Eric Hughes has been present at every one of the 89 matches so far, having taken them to 17 titles and seven runner-up spots.

Hughes hopes the team this time will be spearheaded by Phillipa Roles, as she continues her preparations for the Olympic discus competition, and one-lap hurdles specialist Faye Harding, just back from the World Junior Championships in Grosseto.



Faye Harding

The club hopes to also be able to call upon Shelley Holroyd, in the form of her life after her PB 57.46m in the javelin at the Olympic trials, Rebecca White for the triple jump and long jump, Sarah McGreavy in the sprint hurdles and Julie Crane in the high jump.

The action starts at noon, with the last event at 4.20pm.

♦ **Standings after two matches:** 1 Sale Harriers 15; 2 Trafford 14; 3 Windsor, Slough, Eton & Hounslow 13; 4 Edinburgh Southern H 10; 5 Birchfield H 8; 6 Glasgow 5; 7 Rugby & Northampton 4; 8 Wigan & District 3

♦ **Venue:** Manchester Regional Arena, SportCity, Rowsley Street, Manchester M11 3FF

♦ **Nearest station/motorway junction:** Ashburys (0.9M)/A57(M) Junction L (1.4M)

Tuesday August 10

CARDIGAN MAYOR'S RACE
Cardigan Rugby Club, Cardigan, Ceredigion. 7.30pm.
Contact: Paul. 01239-851782
Entry: £4/5.

SWANSEA HARRIERS SEASIDE 5km SERIES
Promenade, Blackpill Lido, Swansea. 7pm.
Contact: Grant Howells. 01792-465696
Entry: £3. Extra on day: £1

Wednesday August 11

HAIGH HALL 5 SERIES
Wigan Rugby Union FC, Wingates Road, Wigan, Lancashire. 7.30pm.
Contact: Paul Carroll. 01257-426166
Entry: £3/£12 Series. Extra on day: £1

PETERBOROUGH 5km GRAND PRIX SERIES
Watersports Centre, Ferry Meadows, Peterborough. 7.30pm.
Entry: £2.50.

PROMENADE 5km SERIES
Portsmouth. 7pm.
Entry: £3/£7 series.

SETMURTHY SNAP 6km inc DERWENT AC GRAND PRIX
Derwent AC Clubhouse, Kirkgate, Cockermouth, Cumbria. 7pm.
Entry: £4.

Thursday August 12

BIRMINGHAM ROWHEATH AC 5km SERIES
Rowheath Pavilion, Heath Road, Bournville, Birmingham.
Contact: Richard Carney. 0121-7473582/Nick Price. 0121-2430342
Entry: £2 or £5 Series.

Friday August 13

CHARIOTS OF FIRE 5km FINAL (PENTARATHON SERIES)
Oswestry Rugby Club, Oswestry, Shropshire. 7pm.
Contact: Doug Morris. 01691-653338
Entry: £5/6.

Saturday August 14

ARNCLIFFE FETE 4
Arncliffe Village Green, Littondale, nr Skipton, North Yorkshire. 1.30pm.
Contact: Mike Critchley. 0161-7668086
Entry: £3.50. Extra on day: 50p

Sunday August 15

BURNHAM BEECHES HALF-MARATHON
Caldicott School, Crown Lane, Farnham Common, Buckinghamshire. 10am.

THORNEY 5
Thorney, nr Peterborough.
Contact: Keith Hall, 20 St Marys Close, Thorney PE6 0SJ.

YORKSHIRE WOMEN'S 5km FOR BARNARDO'S
Pugneys Country Park, Asdale Road, off Denby Dale Road, Wakefield, West Yorkshire. 10.30am.
Contact: Barnardo's Yorkshire Women's 5km. 0113-2582115

Tuesday August 17

CERES 8
Ceres, Fife.
Contact: Graham Bennison. 01334-828457

VETS AC 5 CHAMPS
Battersea. 7pm.
Contact: Jeremy Hemming. 0208-8719989

Wednesday August 18

HORWICH RMI HARRIERS ON THE RUN 4 MILES JUBILEE SERIES
Rivington Bowling Club, Rivington Village, nr Horwich, Lancashire. 7.30pm.
Contact: Gareth Hughes. 01204-695528

AAA of England Ultra-distance Championship, Boddington Moor, Gloucestershire, Sunday August 1

THE AAA of England Ultra-distance Championship at Boddington Manor, Gloucestershire, on Sunday will provide the last opportunity for athletes to win selection for the IAU 100km World Cup in Winschoten, Netherlands, on September 11.

In conjunction with the above event is a 5km run which starts at 11.30am.

The leading contender for the men's race are Greg Dell, Chris Finill and Brian Cole.

Siri Terjesen, Vicky Skelton and Jackie Leak head the women's entries.

♦ **FOR further information, contact Norman Wilson on 07979-865453.**

Thursday August 19

GLOBE INN 5km SERIES
Globe Inn, Sandhurst, Gloucestershire. 7.45pm.
Contact: Terry Haines. 01452-410885

Saturday August 21

ACTIVE AMPS FUN RUN
Richmond Park, Richmond, London SW15. Noon.
Contact: Kiera Roche, Limbless Association, Roehampton Rehabilitation Centre, Roehampton Lane SW15 5PR

Sunday August 22

FRESH 'N 'LO GREAT SCOTTISH RUN
Glasgow. 8.45am.
Contact: 0141-248 9909
TORBAY ROYAL REGATTA 10km
Riviera Centre, Chestnut Ave, Torquay, Devon. 7pm.
Contact: Greg Fine. 01803-328315

Wednesday August 25

LINCOLN WELLINGTON 5km SERIES
Yarborough Leisure Centre, Lincoln, Lincolnshire. 7pm.
Contact: info@lwac.fsnet.co.uk
PETERBOROUGH 5km GRAND PRIX SERIES
Werrington Sports Centre, Peterborough. 7.30pm.
Entry: £2.50.

Friday August 27

SERPENTINE/RUNNER's WORLD 5km
The Bandstand, nr Hyde Park Corner, Hyde Park, London. 12.30pm.
Contact: Malcolm French. 0208-4223900
Entry: £2/3. Extra on day: non

Saturday August 28

TRENT PARK RC 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Oakwood, Enfield EN4 0PS. 9.30am.
Contact: Julie van der Helstraete. 0208-3678697
Entry: £2. Extra on day: N/A
TWO BRIDGES RACE
Rosyth, Fife. 10am.
Contact: Jim Henderson. 01383-415828
Entry: £12/14.

Sunday August 29

LEEK HALF-MARATHON
Leek, Staffordshire. 11am.
Contact: Tourist Information Centre. 01538-483741
Entry: £6. Extra on day: £1
WARDOWN PARK 5km
Luton, Bedfordshire. 11am.
Contact: 01582-753739
Entry: £6.

Fell

Sunday August 8

LATRIGG JUNIOR RACES
Fitz Park, Keswick, Cumbria.
Contact: Steve Fletcher. 017687-79362

Saturday August 14

WORLD MOUNTAIN TROPHY TRIALS UPHILL RACE
Braithwaite Institute, Braithwaite, Keswick, Cumbria CA12 5TF. 1pm
Contact: Graham Breeze. 01943-874046

Saturday August 21

CRAIG-Y-RHIW RUN
Rhydycroesau, nr Oswestry, Shropshire. 1pm.
Contact: Doug Morris. 01691-653338
SEDBURGH RACES inc FRA JUNIOR CHAMPIONSHIPS
Peoples Hall, Howgill Lane, Sedbergh, Cumbria. Noon.
Contact: 01539-721603

Saturday August 28

BRADBOURNE VILLAGE FELL CUM TRAIL RACE
Village Hall, Bradbourne, nr Ashbourne, Derbyshire. 11am.
Contact: David Denton. 01773-880338
Entry: £6. Extra on day: £2
GOODRICH FELL RACE
Ye Hostelrie, nr Symonds Yat, Gloucestershire. 2.30pm.
Contact: Martin Geen. 01594-836408
Entry: £5. Extra on day: n/a
GYRN GALLOP RUN
Rhiwlas, nr Oswestry, Shropshire. 1pm.
Contact: Doug Morris. 01691-653338
Entry: £3.50.

Multi-terrain

Sunday August 1

KYMIN DASH
Monmouth Leisure Centre, Old Dixton Road, Monmouth, Monmouthshire.

Tuesday August 3

SUN, SEA, SAND SERIES
Poppit Sands, nr Cardigan, Ceredigion. 7.30pm.
Contact: Paul. 01239-851782

Saturday August 7

ENFIELD LEAGUE inc BMAF CHAMPIONSHIPS
Queen Elizabeth Stadium, Enfield. 2.30pm.

Tuesday August 17

SUN, SEA, SAND SERIES
Poppit Sands, nr Cardigan, Ceredigion. 7.30pm.
Contact: Paul. 01239-851782

Wednesday August 18

HERSTMONCEUX CASTLE RELAYS
Herstmonceux Castle, Hailsham, East Sussex . 7pm.
Contact: Ben Warren. 01323-728218.

Friday August 20

BLACK KNIGHT CHARGE
East Cheshire Harriers HQ, Richmond Street, Ashton under Lyne, Lancashire. 7.30pm.
Contact: M McGann. 0161-343 7063
MONTGOMERY SHOW RACE
Montgomery Showground, Montgomery, Powys.
Contact: Trefor Pugh, Hillcrest, Lions Bank, Montgomery, Powys SY15 6PT. Tel: 01686-668149

Walks

VETS AC 5 CHAMPS
Battersea. 7pm.
Contact: Michael Croft. 0208-5907724

Overseas

Saturday July 31

U23 & U20 INTERNATIONAL (GBR v FRA v GER v SUI)
Tba, France. Until August 1.

Friday August 6

IAAF GOLDEN LEAGUE
Zurich, Switzerland.

Wednesday August 18

OLYMPIC GAMES (TRACK AND FIELD ATHLETICS EVENTS)
Athens, Greece.
Until Sunday August 29.

COLCHESTER & TENDRING AC 20th OPEN MEETING

Supported by the British Milers Club and Thames Valley Harriers AC

Incorporating the 'Norman Stang Trophy' for performance of the day

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Bank Holiday Monday 30 August 2004

Garrison Athletics Stadium, Circular Road North, Colchester, CO2 7SU
PROGRAMME + ENTRY TO STADIUM: £2.00 (£1 under 16s)
Medals for first three places
First Event 10:30 am

TRACK

100m	all age groups	**FIELD**	
200m	all age groups	Shot	all age groups
300m	u17 women	Discus	all age groups
400m	u15 boys/u17 men/jnr/snr men & women	Javelin	all age groups
800m	all age groups	Hammer	jnr/snr men & snr women
1 Mile	jnr/snr men – 3:56 BMC 1500 min qual time	High Jump	all age groups
1500m	all age groups	Long Jump	all age groups
Sprint hurdles	all age groups	Triple Jump	u17/jnr/snr men & women
Under 11 Events: 80m, 600m, Long Jump, Cricket Ball Throw		Pole Vault	all age groups

POSTAL ENTRY FEES: U11s £1.00 per event All others £2.00 per event or £5.00 for 3 events
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State Name, DOB, Age Group, Club, PB
Mile entries apply for invitation to Phil O'Dell, BMC East 01234 852038 email pjodell_2000@yahoo.co.uk All other entry forms and fees
(cheques payable to 'Colchester & Tendring AC') for sae for confirmation, map & timetable to:
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Bournemouth Athletic Club

Kings Park Athletic Centre, Bournemouth

Multi-Events Meeting

Incorporating the Brian James Memorial Mile at 2.30pm
Sponsored by Raymond Brown Construction Ltd.
(under UKA Rules)

Saturday 21st August 2004

	THROWS	DECATHLON	QUADRATHLON
10.00am	Hammer(All)	100m	(U11 Run,Jump,Throw)
10.15am	(not U13s)	Long Jump	100m (U13/U15/U17)
10.30am			75m (U11)
11.00am		Shot	
11.15am			Ball Throw (U11)
11.30am	Shot(All)	High Jump	Long Jump (U15/U17)
12.30pm	Discus(All)		400m (U15B/U17B)
1.00pm		400m	Shot
1.30pm	Javelin(All)		Long Jump (U11/U13)
1.40pm		High Hurdles	
2.00pm		Discus	800m (U13/U15/U17)
2.20pm			600m (U11)
2.45pm	35lb Weight	Pole Vault	
3.30pm	(Senior/U20s only)	Javelin	
4.15pm		1500m	

All Throws & LJ 3 Trials only, HJ & PV 6 attempts max. Try the Decathlon, do as many events as you like.Entry Fees; Decathlon £5, Throws Pentathlon/Quadrathlon £4, U11 RunJumpThrow £3.
Brian James Memorial Mile £2. All proceeds to go to Kidney Cancer UK. Entries to The Organiser, 55 Brisbane Road,Christchurch BH23 2HP by 19th August. Make cheques payable to Bournemouth Athletic Club. Enquiries by email to tracksec@freeserve.co.uk

new balance

Running fitness

Crook & District Athletic Club with Wear Valley District Council present the

Auckland Castle 10km Road Race

Incorporating AAA's (English) 10K Championships 2004
and Inter-County 10K Championships 2004

Bishop Auckland, Co. Durham

(Permit approved) (Course Measured by IAAF / AIMS Course Measurer)

Sunday 15th August 2004 at 9.30am

Extensive Prize List

FREE T-shirt to all finishers

Prizes to male & female veteran categories.

Post your applications to : The Community Services Department, Wear Valley District Council, Civic Centre, Crook, Co. Durham. DL15 9ES.
For further details contact Julie Wynn on (01388) 761606 or
Email: j.wynn@wearvalley.gov.uk Website: www.wearvalley.gov.uk

Photocopies of this entry form or the Running Fitness universal entry form can be used.

Entry Fees : *(please tick as appropriate)* I am entering:

1. Open 10k Event (Club Member) £7.50 ❑ **2. Open 10k Event (Non-Club Member) £8.50** ❑

Please tick as appropriate:

Male Vets		O/40 ❑	O/45 ❑	O/50 ❑	O/55 ❑
			O/60 ❑	O/65 ❑	O/70 ❑
Female Vets	O/35 ❑	O/40 ❑	O/45 ❑	O/50 ❑	O/55 ❑
			O/60 ❑	O/65 ❑	O/70 ❑

(***No entry fee for teams.*** (Team - 3 to count)

Cheques made payable to Wear Valley District Council

Name: _____

Address: _____

_____

_____ Postcode: _____

Club: (if applicable) _____

Age on 25.8.03: _____ Male/Female: _____

Tel No. : Day _____ Evening _____

Signed: _____

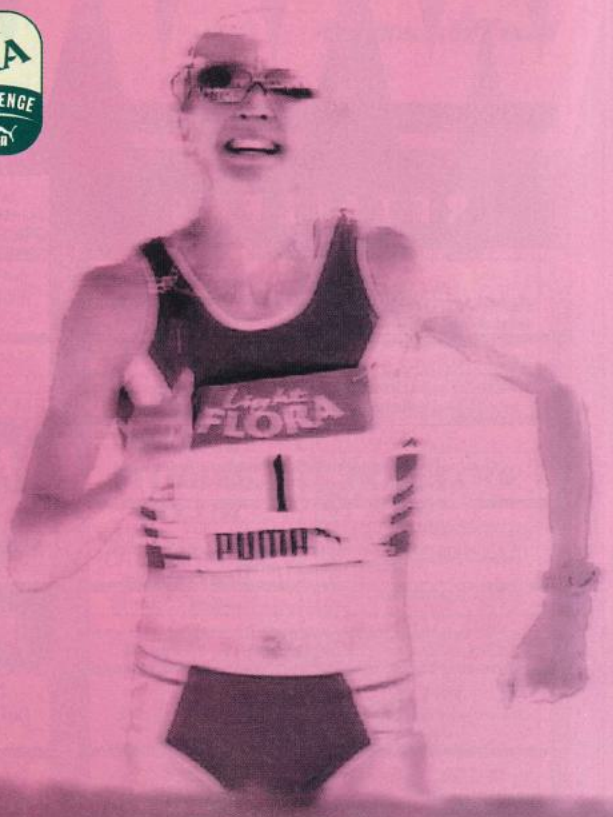
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NHS
Durham Dales
Primary Care Trust

Closing date for entries Friday 6th August 2004 or when the Race entry limit is reached.

The Northern Echo
Local. Regional. National.

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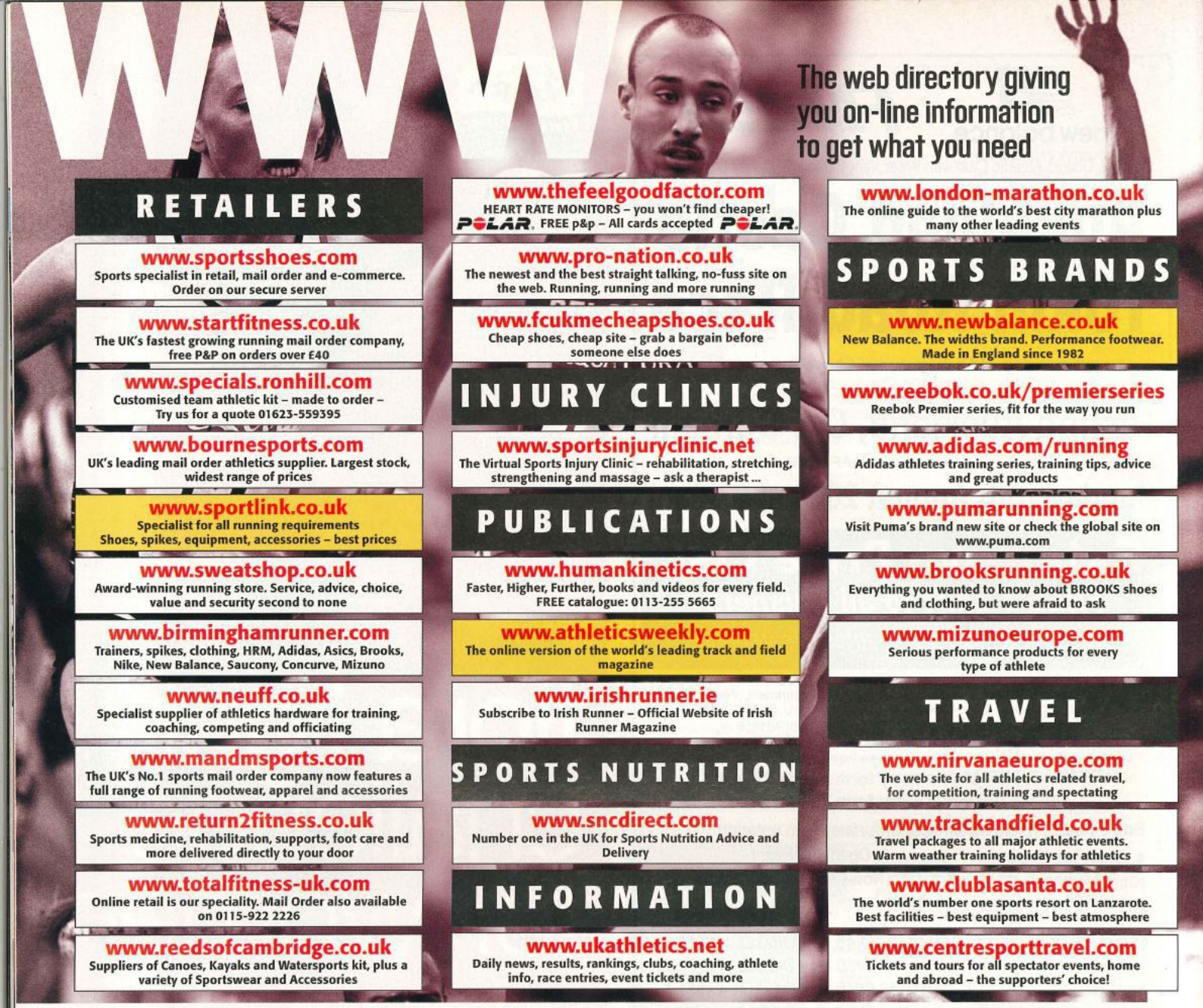
September 5th 2004
5km Road Race
Hyde Park, London

To qualify for a free entry to this race you must have run sub 17:30 for 5km

BRITISH ONLY PRIZE MONEY:

1st	$1,000
2nd	$500
3rd	$400
4th	$300
5th	$200
6th	$100

For entry information telephone
Lisa Thompson on 0207 902 0200



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WOKING A.C.

PENTATHLONS

(Under UKA rules)

Blackmore Crescent, Sheerwater, Woking

Sunday 15th August

U/ 13, 15, 17, 20 M+F
All start at 10.30am – 11.00am

£5.00 entry fee to:
The Organiser, 6 Stewart Close
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100m	11.30am	U13	U15	U17	11.50am	U13	U15	U17
75m	12.10pm	U11			12.20pm	U11		
800m	12.30pm	U13	U15	U17	12.45pm	U13	U15	U17
600m	13.05pm	U11			13.15pm	U11		
200m	13.25pm	U13	U15	U17	13.45pm	U13	U15	U17
1500m	14.05pm	U13	U15	U17	14.35pm	U13	U15	U17
400m	15.05pm	U15	U17					
300m					15.10pm	U17		
1500m SC	15.15pm	U17						
Long Jump	10.30am	U11	U13		11.00am	U11	U13	
High Jump	11.00am	U17			11.30am	U17		
Discus	11.00am	U15	U17		11.30am	U15	U17	
Javelin	12.15pm	U13	U15	U17	13.00pm	U13	U15	U17
High Jump	12.15pm	U13	U15		13.00pm	U13	U15	
Shot	12.15pm	U11	U13		12.45pm	U11	U13	
Shot	13.15pm	U15	U17		13.45pm	U15	U17	
Long Jump	14.00pm	U15	U17		14.30pm	U15	U17	

Entries to be restricted to 10 in all Long Jump events

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Olympic champ Tessa Sanderson

The first British woman to win an Olympic throwing event, Tessa Sanderson struck javelin gold at the 1984 Games



Tessa Sanderson: javelin legend

♦ Multi events success in her early career
TESSA SANDERSON began her career as a junior, achieving success in the pentathlon. In 1973 when she was 17, she finished fifth in the WAAA pentathlon. In the same year she also made a breakthrough in the javelin with a 12th place at the European Junior Championships in Duisburg.

♦ First major championships
HAVING thrown 39.18m at the European Junior Championships, Sanderson threw a personal best of 51.34m to become the surprise winner of England's Commonwealth Games Trials. She then went on to finish fifth at the 1974 Commonwealth Games in Christchurch with a last round throw of 48.54m. She increased her UK junior record to 55.04m at an international match at Crystal Palace in September.

After taking her first WAAA title in 1975, Sanderson went on to compete at the 1976 Olympic Games in Montreal where she finished 10th. That year she also broke the UK javelin record three times finishing with a 57.20m throw at the British International Games.

♦ Record breaking continues
IN 1977 Sanderson increased her UK record by 10m. She improved her best from 57.20m to 58.90m before throwing 60.24m 11 days later at the UK championships. She then went on to break the Commonwealth record with 64.42m which she increased to 67.20m at the European Cup in July when defeating record-holder Ruth Fuchs.

♦ International status
WITH such a successful year in 1977 Sanderson had established herself as one of the stronger athletes on the international scene. At the 1978 Commonwealth Games in Edmonton she set a Games record of 61.34m to take the gold medal. The European Championships in Prague saw Sanderson take the silver medal behind Fuchs who threw 69.16m to Sanderson's 62.40m.

♦ Olympic disappointment
SANDERSON went into the 1980 Moscow Olympics as one of the favourites but failed to find her form, missing the final after only recording 48.76m in the qualifying rounds. The following year she returned to multi events where she set two Commonwealth records when she scored 5906 points in the heptathlon before improving a month later to 6110 points.

♦ Injury and return to the javelin
SANDERSON missed most of the 1982 season after struggling with an Achilles injury. Returning to athletics and deciding to concentrate on the javelin, she improved her Commonwealth record in 1983 to 70.82 in June and three weeks later to 73.58m.

♦ New competition and Olympic gold
THE inaugural World Championships in Helsinki in 1983 saw Sanderson finish in fourth position having thrown 64.76m – she was beaten by her new rival from Britain, Fatima Whitbread.

At her third Olympic Games in Los Angeles in 1984, Sanderson finally brought home the gold medal with a first round throw of 69.56m.

♦ Commonwealth drama
AT THE 1986 Commonwealth Games, Sanderson, the defending champion, was competing against Whitbread. Whitbread went into the lead with a Games record of 65.60m before improving to 68.54m. Sanderson bounced back with a final throw of 69.80m to take the gold medal.

♦ Final athletics years
SANDERSON had one of the longest careers in athletics competing in six Olympics. She continued to compete at the top level winning the European Cup in 1991 before finishing fourth at the Barcelona Olympics in 1992. Her final competition was at the World Cup in the same year where she took the gold medal.

But this was not the end and after a break of four years, Sanderson returned to competition in 1996. She won her tenth WAAA title and competed at her sixth Olympic Games in Atlanta.

Away from athletics she started her own sports management company and is vice-chairman of Sport England.

The *Weekly* That Was ... July 26, 1952

On the cover
SPRINTER E McDonald Bailey at the LAC relays.

Olympic results
FRANK SANDO had a great run in the Olympic 10,000m. He was the fastest British runner over the distance for four years. He finished fifth in 29:51.8.

AW questionnaire
IN the questionnaire, Frank Sando said the performance that gave him the most personal satisfaction was finishing fifth in the ECCU Championship at Birmingham because it fulfilled his ambition to run for England. He said that if he could change anything within the sport he would allow "all throwing events to take place before or after track events in order that the risk of an accident is reduced."

Step forward
THE Herefordshire AAA was formed only a few weeks earlier, it had been one of the few counties that had not been properly organised for athletes. They held their first championship meeting on July 26 and received over 300 entries.

Belgrave 20-mile road race
AT the finish of this new event D Fotheringham managed to hold



off a strong challenge by W G Parr, with W Ash 300 yards away. Fotheringham had previously won the Walton 15 miles and being new to long distance running was said to "show great promise for the future."

British press complaint
IN a letter to the editor, M Coleman from Queens Park Harriers complained about the Olympic coverage in the national press. "Most athletes will have been annoyed and at times amused by the wave of publicity given the sport in the national papers. Star sports columnists, noted for their flowery descriptions of professional sports, regard the arrival of the Olympiad as the opportunity to bestow upon the public their sage opinions ..."

Best British performances
THE list of the best British women's performances included H Armitage of Longwood in the 100 yards, C Harding in the 800m, A Oliver in the mile with 5:11.0 and J Linsell of Essex in the shot.

British Empire v USA
THE British Empire team for the match against the USA at the White City on August Bank holiday was to be announced at a meeting of Empire officials at Helsinki.

Royal approval for WAAA
PRINCESS MARGARET become the patron of the Women's Amateur Athletic Association.

Coming in the next issue

NEXT WEEK ...

68 PAGES

LONDON GRAND PRIX



With the Olympic Games just days away, Britain's athletes get a chance to test themselves with the world's best at Crystal Palace

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athletics WEEKLY

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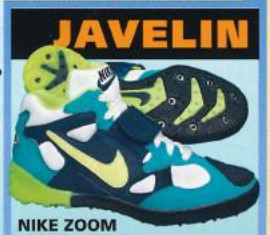


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